

Cook Book



Favorite Recipes From
Our Best Cooks

1967

Happy Birthday
To my sweet Frances
from Maggie Lea S.

Also, Happy Cooking!



A BOOK OF

FAVORITE

Recipes

Compiled By

LADIES OF THE PARISH OF THE OPEN DOOR

UNITED PRESBYTERIAN CHURCH

Black Jack

Coffeerville

Courtland

Enid

Independence

Oakland

Pine Hill

Pastor, Rev. E. E. Stidham - Coffeerville, Miss.

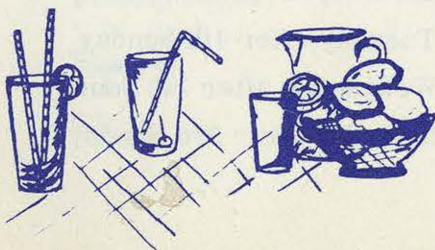


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FOR CHURCH, SCHOOL AND CIVIC ORGANIZATIONS

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OAKLAND CHURCH

Sunday School	Every Sunday
Worship Service	11:00 a. m. on the 1st Sunday 9:00 a. m. on the 3rd Sunday
U. P. W.	Monday after 1st Sunday
Men	Friday after the 2nd Sunday

PINE HILL CHURCH

Worship Service	1st Sunday at 3:30 p. m. 3rd Sunday at 3:30 p. m.
Sunday School	Every Sunday at 2:30 p. m.
Women	Tuesday after 1st Sunday
Men	Friday after 2nd Sunday
Bible Study & Prayer	Thursday after 1st Sunday

COURTLAND CHURCH

Family Night	Monday after 3rd Sunday
Worship Service	Third Sunday Night

BLACK JACK CHURCH

Sunday School	Every Sunday
Worship Service	2nd Sunday at 7:00 p. m. 4th Sunday at 11:00 a. m.
Choir Practice	Tuesday after 1st and 3rd Sundays
Bible Study and Prayer Meeting	Friday after 4th Sunday
Family Night	Tuesday after 2nd Sunday
Deacons	Saturday after 2nd Sunday
Women	Tuesday after 4th Sunday
Men	Wednesday after 1st Sunday
Workers' Conference	Saturday after 3rd Sunday



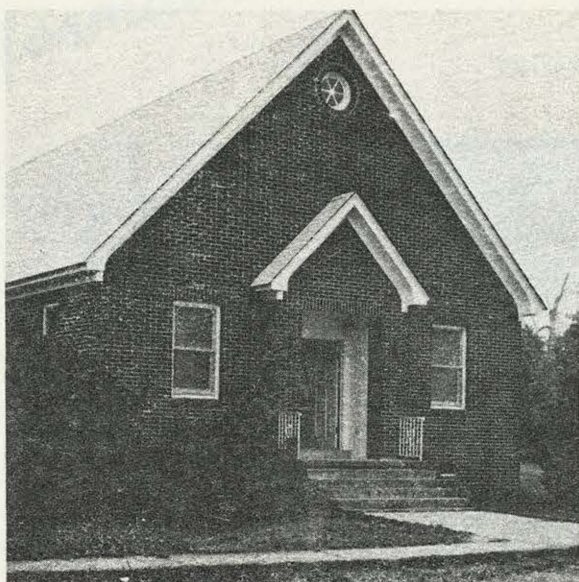
COFFEETOWN PRESBYTERIAN CHURCH

Sunday School	Every Sunday
Worship Service	1st Sunday Evening 3rd Sunday Morning at 11:00
Men	Thursday after 2nd Sunday
Women	Wednesday after 1st Sunday
Workers' Conference	Friday after 1st Sunday
Geneva Fellowship	Wednesday after 4th Sunday
Family Night	Wednesday after 3rd Sunday
Session	Friday after 3rd Sunday
Choir	Every Monday



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THE UNIVERSITY OF CHICAGO PRESS
1207 EAST 58TH STREET
CHICAGO, ILLINOIS 60637
TEL: 773-707-3000
FAX: 773-707-3001
WWW.CHICAGO.PRESS.EDU
E-MAIL: CHICAGO.PRESS@CHICAGO.PRESS.EDU



INDEPENDENCE PRESBYTERIAN CHURCH

Rev. E. E. Stidham, Pastor

Sunday Worship

Second Sunday Morning
Fourth Sunday Night

Sunday School

10:00 a. m.

United Presbyterian Women's Society

Wednesday after Third Sunday

Men's Countil

Thursday after Fourth Sunday

Young Adults Fellowship

Second Sunday Night

Young Peoples Fellowship

First and Third Sunday Night

Choir Practice

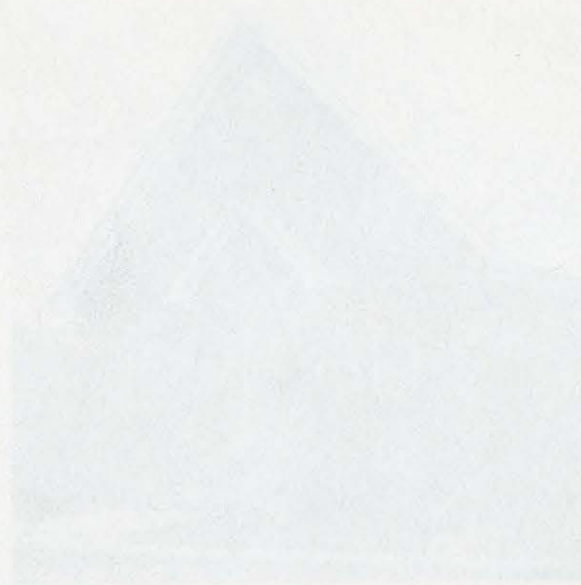
Monday Night after First Sunday

Workers Conference

Thursday after Third Sunday

Deacons

Monday Night after Second Sunday



THE PRESBYTERIAN CHURCH

Rev. E. J. Wilson, Pastor

Second Sunday Morning	Fourth Sunday
Second Sunday Night	
Third Sunday	
Fourth Sunday Morning	
Fourth Sunday Night	
Fifth Sunday	
Sixth Sunday	
Seventh Sunday	
Eighth Sunday	
Ninth Sunday	
Tenth Sunday	
Eleventh Sunday	
Twelfth Sunday	
Thirteenth Sunday	
Fourteenth Sunday	
Fifteenth Sunday	
Sixteenth Sunday	
Seventeenth Sunday	
Eighteenth Sunday	
Nineteenth Sunday	
Twentieth Sunday	
Twenty-first Sunday	
Twenty-second Sunday	
Twenty-third Sunday	
Twenty-fourth Sunday	
Twenty-fifth Sunday	
Twenty-sixth Sunday	
Twenty-seventh Sunday	
Twenty-eighth Sunday	
Twenty-ninth Sunday	
Thirtieth Sunday	
Thirty-first Sunday	
Thirty-second Sunday	
Thirty-third Sunday	
Thirty-fourth Sunday	
Thirty-fifth Sunday	
Thirty-sixth Sunday	
Thirty-seventh Sunday	
Thirty-eighth Sunday	
Thirty-ninth Sunday	
Fortieth Sunday	
Forty-first Sunday	
Forty-second Sunday	
Forty-third Sunday	
Forty-fourth Sunday	
Forty-fifth Sunday	
Forty-sixth Sunday	
Forty-seventh Sunday	
Forty-eighth Sunday	
Forty-ninth Sunday	
Fiftieth Sunday	

Basic Kitchen Information



Expression of Appreciation

For their help and cooperation in providing this indexed, up-to-date, authentic information of basic value to our book, our organization, the sponsors and compilers, wish to thank the home economists who worked on it, and the

National Live Stock and Meat Board.

U.S. Department of Agriculture.

Energine Cleaning Fluid Co.

Armour and Co.

Wheat Flour Institute.



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EQUIVALENTS

3 tsps.	1 tbsp.
4 tbsps.	$\frac{1}{4}$ cup
$5\frac{1}{3}$ tbsps.	$\frac{1}{3}$ cup
8 tbsps.	$\frac{1}{2}$ cup
$10\frac{2}{3}$ tbsps.	$\frac{2}{3}$ cup
12 tbsps.	$\frac{3}{4}$ cup
16 tbsps.	1 cup
$\frac{1}{2}$ cup	1 gill
2 cups	1 pt.
4 cups	1 qt.
4 qts.	1 gal.
8 qts.	1 peck
4 pecks	1 bu.
16 ozs.	1 lb.
32 ozs.	1 qt.
8 ozs. liquid	1 cup
1 oz. liquid	2 tbsps.

(For liquid and dry measurements use standard measuring spoons and cups. All measurements are level.)

WEIGHTS AND MEASURES

Baking powder

1 cup = $5\frac{1}{2}$ ozs.

Cheese, American

1 lb. = $2\frac{2}{3}$ cups cubed

Cocoa

1 lb. = 4 cups ground

Coffee

1 lb. = 5 cups ground

Corn meal

1 lb. = 3 cups

Cornstarch

1 lb. = 3 cups

Cracker crumbs

23 soda crackers = 1 cup

15 graham crackers = 1 cup

Eggs

1 egg = 4 tbsps. liquid

4 to 5 whole = 1 cup

7 to 9 whites = 1 cup

12 to 14 yolks = 1 cup

Flour

1 lb. all-purpose = 4 cups

1 lb. cake = $4\frac{1}{2}$ cups

1 lb. graham = $3\frac{1}{2}$ cups

Lemons, juice

1 medium = 2 to 3 tbsps.

5 to 8 medium = 1 cup

Lemons, rind

1 lemon = 1 tbsp. grated

Oranges, juice

1 medium = 2 to 3 tbsps.

3 to 4 medium = 1 cup

Oranges, rind

1 = 2 tbsps. grated

Gelatin

$3\frac{1}{4}$ oz. pkg. flavored = $\frac{1}{2}$ cup

$\frac{1}{4}$ oz. pkg. unflavored = 1 tbsp.

Shortening or Butter

1 lb. = 2 cups

Sugar

1 lb. brown = $2\frac{1}{2}$ cups

1 lb. cube = 96 to 160 cubes

1 lb. granulated = 2 cups

1 lb. powdered = $3\frac{1}{2}$ cups

One ingredient for another

For these

1 whole egg, for thickening or baking

1 cup butter or margarine for shortening

1 square (ounce) chocolate

1 teaspoon double-acting baking powder

Sweet milk and baking powder, for baking

1 cup sour milk, for baking

1 cup whole milk

1 cup skim milk

1 tablespoon flour, for thickening

1 cup cake flour, for baking

1 cup all-purpose flour, for baking breads

You may use these

2 egg yolks. Or 2 tablespoons dried whole egg plus $2\frac{1}{2}$ tablespoons water.

$\frac{1}{8}$ cup lard, or rendered fat, with $\frac{1}{2}$ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with $\frac{1}{2}$ teaspoon salt.

3 or 4 tablespoons cocoa plus $\frac{1}{2}$ tablespoon fat.

$1\frac{1}{2}$ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder.

Equal amount of sour milk plus $\frac{1}{2}$ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.)

1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or $1\frac{1}{4}$ teaspoons cream of tartar.

$\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water.
Or 4 tablespoons dry whole milk plus 1 cup water.
Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water.

4 tablespoons nonfat dry milk plus 1 cup water.

$\frac{1}{2}$ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca.

$\frac{2}{3}$ cup all-purpose flour.

Up to $\frac{1}{2}$ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup.

EVERYDAY HERB GUIDE



FOUND IN Yugoslavia, Italy, Greece, Spain.

IT IS shrub of mint family, with pleasant aromatic odor and warm, slightly bitter taste.

TASTES GOOD WITH stuffings; pork roasts; sausages; poultry and hamburgers.

AVAILABLE as leaf; rubbed; powdered.



FOUND IN India, France, Argentina.

IT IS dried fruit of herb in parsley family; consists of tiny yellowish-brown seeds with licorice flavor.

TASTES GOOD WITH soups; fish dishes; sauces; sweet pickles; bread and rolls.

AVAILABLE whole; ground.



FOUND IN France, United States.

IT IS leaf and flower-top of plant; has pungent flavor resembling licorice.

TASTES GOOD WITH fish sauces; egg and cheese dishes; green salads; pickles; vinegar; chicken; tomatoes; sauces for meats and vegetables.

AVAILABLE whole; ground.



FOUND IN France, Spain.

IT IS member of mint family, with short brown leaves; has warm, aromatic odor, pungent flavor.

TASTES GOOD WITH soups; clam chowders; stuffings; beef, lamb, veal, and pork dishes; oysters; eggs; cheese; bean and vegetable soups; fish.

AVAILABLE whole; powdered.



FOUND IN United States, Europe.

IT IS tiny green leaf growing in clusters on low plant; mild, slightly tangy flavor.

TASTES GOOD WITH meat; vegetables; soups; eggs; cheese.

AVAILABLE whole; ground; as flakes.



FOUND IN France, Spain.

IT IS member of mint family; has aromatic odor, pungent flavor.

TASTES GOOD WITH eggs; meat; salads; chicken; soups; stuffings.

AVAILABLE whole; ground.



FOUND IN India, United States.

IT IS fruit of parsley family; has aromatic odor with delicate caraway flavor.

TASTES GOOD WITH fish dishes; cream and cottage cheese; potatoes; fish and vegetable salads; pickles; tomatoes.

AVAILABLE whole; ground.

EVERYDAY HERB GUIDE



FOUND IN India, Western Europe, United States
IT IS member of mint family with leaves $1\frac{1}{2}$ " long; has mild aromatic odor; warm, sweet flavor with slight licorice taste.

TASTES GOOD WITH tomatoes; peas; squash; lamb; fish; eggs; tossed salad; cheese; duck; potatoes.
AVAILABLE whole; ground.



FOUND IN Turkey, Yugoslavia, Portugal, Greece.

IT IS green, aromatic leaf of laurel tree; has pungent flavor.

TASTES GOOD WITH vegetable and fish soups; tomato sauces and juice; poached fish; meat stews.
AVAILABLE as whole leaf.



FOUND IN France, United States.

IT IS member of parsley family with feathery leaves; has mild, delicate flavor.

TASTES GOOD WITH egg and cheese dishes; chicken; peas; spinach; green salads; cream soups.
AVAILABLE whole; ground.



FOUND IN Mexico, Italy, Chile, France.

IT IS member of mint family, light-green in color, with strong, aromatic odor and pleasantly bitter taste.

TASTES GOOD WITH tomato sauces; pork and veal dishes; pizza; vegetable and fish salads; chili.
AVAILABLE whole; ground.



FOUND IN all parts of the world.

IT IS dried leaf of peppermint or spearmint plant, with strong, sweet odor and tangy, cool taste.

TASTES GOOD WITH jellies; fruit juices; candies; frosting; cakes; pies; lamb; ice cream; potatoes; peas; and chocolate desserts.
AVAILABLE whole (dried); flaked; as fresh sprigs.



FOUND IN France, Spain, Portugal.

IT IS leaf of evergreen shrub, with appearance of curved pine needle; has aromatic odor with slightly piny taste.

TASTES GOOD WITH poultry stuffing; veal and lamb roasts; potatoes; cauliflower; fish; duck.
AVAILABLE whole; ground.



FOUND IN France, Germany, Chile.

IT IS member of mint family, with aromatic odor.

TASTES GOOD WITH fish chowders; vegetable soups; eggs; cheese dishes; stews; roast chicken; beef; lamb; pork; stuffings.
AVAILABLE whole; ground.

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Meats*

ROAST PORK	Brown Potatoes, Applesauce or Fruit Salad Sweet Potatoes, Sauerkraut Mashed Potatoes, Celery or Apple Salad
PORK CHOPS	Scalloped Potatoes, Fried Apple Rings Mashed Potatoes, Cabbage Salad
BAKED HAM	Sweet Potatoes, Spinach Rice, Fried Pineapple Rings Parsley Potatoes, Asparagus
COLD HAM	Baked Beans, Relish, Egg Rolls Potato Salad, Dill Pickles
BACON	Corn Fritters, Maple Syrup
HAM STEAK	Buttered Rice, Glazed Pineapple Fried Eggs, Hash Brown Potatoes Hominy, Corn Muffins, Fried Bananas
SAUSAGE	Fried Apples, Corn Bread Mashed Potatoes, Pickled Peaches
VEAL CUTLET	Baked Potato, Tossed Salad
LAMB CHOPS	Buttered Parsley Potatoes, Succotash Browned Potatoes, Spinach, Peas
LAMB STEW	Dumplings, Green Salad
ROAST LAMB	Mashed Potatoes, Currant Jelly
LIVER	Bacon, Corn Bread
HAMBURGER	Toasted Buns, Sweet Onion Rings Potato Salad, Carrots
CORN BEEF HASH	Poached Eggs, Green Salad
MEAT LOAF	Baked Potato, Canned Tomatoes French Fried Potatoes, Asparagus
BOILED TONGUE	Buttered Noodles, Spinach
FRANKFURTER	Sauerkraut, Baked Beans
CHIPPED BEEF	Baked Potato, Green Salad

WHAT TO SERVE WITH *Chicken*

ROAST CHICKEN	Candied Sweet Potatoes, Cauliflower
FRIED CHICKEN	Lima Beans, Mashed Potatoes, Corn on the Cob and Biscuits
CHICKEN FRICASSEE	Dumplings, Corn on the Cob
CHICKEN PIE	Green Peas, Tossed Salad
CHICKEN SALAD	Potato Chips, Celery, Pickles, and Peas

What Shall We Have For Dinner??

WHAT TO SERVE WITH *Fish*

TROUT	Potatoes Diced in Cream, Asparagus, Pickle
BAKED SNAPPER	Broccoli with Hollandaise Sauce, Mashed Potatoes, Tossed Salad
LOBSTER	Steamed Clams, Baked Potato
LOBSTER NEWBURG	French Fried Onions, Watermelon Pickle
FRENCH FRIED SHRIMP	Mixed Vegetable, Tomato and Onion Salad
BROILED FILLETS	Baked Potatoes, Scalloped Tomatoes
CODFISH CAKES	Baked Beans, Bacon, Green Salad
CREAMED SALT COD	Boiled Potatoes, Cole Slaw, Toast and Green Salad
FILET OF SOLE	Cole Slaw or Dill Pickles, Tartar Sauce
BAKED SALMON	Baked Potato, Tossed Salad, Greens
BROILED SALMON	Hollandaise Sauce, Mashed Potatoes, Peas
BROILED HALIBUT	Broccoli, Corn Fried in Butter
FRIED FISH	French Fried Potatoes, Tossed Salad
SCALLOPED OYSTERS	Hashed Brown Potatoes, Broccoli

WHAT TO SERVE WITH *Cheese or Eggs*

CHEESE OMELET	Hash-brown Potatoes, Stewed Tomatoes
CHEESE SOUFFLE	Peas, Green Salad
SCRAMBLED EGGS	French Fried Potatoes, String Beans, Toast
SCRAMBLED EGGS WITH CUT-UP HAM	Rye or Pumpernickel Bread, Tossed Green Salad
WELSH RAREBIT	Dill Pickle or Stuffed Celery, Fruit Salad

WHAT TO SERVE WITH *Miscellaneous*

CONSOMME	French Omelet, Asparagus Tips
TOMATO SOUP	Chicken Salad or Tunafish Sandwich
CLUB SANDWICH	Celery, Potato Chips,
TOASTED HAM AND CHEESE SANDWICH	Tossed Salad, Potato Chips
WAFFLES	Canadian Bacon, Maple Syrup, Fruit Salad
CHOW MEIN	Pickled Peaches, Buttered Rice
BAKED MACARONI AND CHEESE	Pea Soup, Stewed Tomatoes, Lettuce Salad

TIME TABLE FOR MEAT COOKERY

Roasting

CUT	WEIGHT RANGE	COOKING TEMP.	INTERNAL MEAT TEMP.	APPROXIMATE TIME
BEEF				
Standing Ribs (3)	6-8 lbs.	325° F.	140° F.	16-18 min. per lb.
Rare			160° F.	20-22 min. per lb.
Medium			170° F.	25-30 min. per lb.
Well Done				Add 10-12 min. per lb. to above time
Rollad Rib	5-7 lbs.	325° F.		30 min. per lb.
Rump-boneless	5-7 lbs.	325° F.	170° F.	30 min. per lb.
VEAL				
Leg (center, cut)	7-8 lbs.	325° F.	170° F.	25 min. per lb.
Loin	4½-5 lbs.	325° F.	170° F.	30-35 min. per lb.
Rack 4-6 ribs	2½-3 lbs.	325° F.	170° F.	30-35 min. per lb.
Shoulder-bone-in	6-7 lbs.	325° F.	170° F.	25 min. per lb.
Shoulder Boneless Roll	5-6 lbs.	325° F.	170° F.	35-40 min. per lb.
LAMB				
Leg	6-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Bone-in	5-7 lbs.	325° F.	175-180° F.	30-35 min. per lb.
Shoulder Boneless Roll	4-6 lbs.	325° F.	175-180° F.	40-45 min. per lb.
FRESH PORK				
Loin	4-5 lbs.	350° F.	185° F.	30-35 min. per lb.
Cushion Shoulder	4-6 lbs.	350° F.	185° F.	35-40 min. per lb.
Shoulder Boned & Rolled	4-6 lbs.	350° F.	185° F.	40-45 min. per lb.
Shoulder Butt	4-6 lbs.	350° F.	185° F.	45-50 min. per lb.
Fresh Ham	10-14 lbs.	350° F.	185° F.	30-35 min. per lb.
Spare Ribs (1 side)	1½-2½ lbs.	350° F.	185° F.	1-1½ hrs. total
SMOKED PORK				
Ham—whole	10-12 lbs.	325° F.	150-155° F.	18-20 min. per lb.
	14-16 lbs.	325° F.	150-155° F.	16-18 min. per lb.
Ham-half	6-8 lbs.	325° F.	150-155° F.	25-27 min. per lb.
Ham—2 inch slice	2½-3 lbs.	325° F.	170° F.	1½ hrs. total
Picnic	5-8 lbs.	325° F.	170° F.	33-35 min. per lb.
POULTRY				
Chickens				
stuffed weight	4-5 lbs.	325° F.	185° F.	35-40 min. per lb.
Chickens over 5 lbs.		325° F.	185° F.	20-25 min. per lb.
Turkeys				
stuffed weight	6-10 lbs.	325° F.	185° F.	20-25 min. per lb.
Turkey	10-16 lbs.	325° F.	185° F.	18-20 min. per lb.
Turkey	18-25 lb	325° F.	185° F.	15-18 min. per lb.
Geese—Same as turkey of similar weight.				
Duck—Same as heavy chicken of similar weight.				

Braising

CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef Pot Roast, Chuck, Rump or Heel of Round	3-5 lbs.	Brown then simmer 3½-4 hours
Swiss Steak (round) 1 in. thick	2 lbs.	Brown then simmer 1½-2 hours
Flank Steak	1½-2 lbs.	Brown then simmer 1½ hours
Beef Short Ribs	2-2½ lbs.	Brown then simmer 2-2½ hours
Ox Tails	1-1½ lbs.	Brown then simmer 3-4 hours
Rollad Lamb Shoulder		
Pot Roast	3-5 lbs.	Brown then simmer 2-2½ hours
Lamb Shoulder Chops	4-5 oz. each	Brown then simmer 35-40 min.
Lamb Neck Slices	½ lb. each	Brown then simmer 1-1½ hours
Lamb Shanks	1 lb. each	Brown then simmer 1½ hours
Pork Rib or Loin Chops	4-5 oz. each (¾-1 inch)	Brown then simmer 35-40 min.
Pork Shoulder Steaks	5-6 oz. each	Brown then simmer 35-40 min.
Veal Rolled Shoulder		
Pot Roast	4-5½ lbs.	Brown then simmer 2-2½ hours
Cutlets or Round	2 lbs.	Brown then simmer 45-50 min.
Loin or Rib Chops	3-5 oz. each	Brown then simmer 45-50 min.

TIME TABLE FOR MEAT COOKERY

Broiling

CUT	THICKNESS	WEIGHT RANGE	APPROXIMATE TOTAL TIME (MINUTES)		
			RARE	MEDIUM	WELL DONE
BEEF					
Rib Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Club Steak	1 inch	1-1½ lb.	8-10	12-14	18-20
Porterhouse	1 inch	1½-2 lbs.	10-12	14-16	20-25
	1½ inch	2½-3 lbs.	14-16	18-20	25-30
	2 inch	3-3½ lbs.	20-25	30-35	40-45
Sirloin	1 inch	2½-3½ lbs.	10-12	14-16	20-25
	1½ inch	3½-4½ lbs.	14-16	18-20	25-30
	2 inch	5-5½ lbs.	20-25	30-35	40-45
Ground Beef Patties	¾ inch	4 oz. each	8	12	15
Tenderloin	1 inch		8-10	12-14	18-20
LAMB					
Rib or Loin					
Chops (1 rib)	¾ inch	2-3 oz. each	—	—	14-15
Double Rib	1½ inch	4-5 oz. each	—	—	22-25
Lamb Shoulder					
Chops	¾ inch	3-4 oz. each	—	—	14-15
	1½ inch	5-6 oz. each	—	—	22-25
Lamb Patties	¾ inch	4 oz. each	—	—	14-15
HAM, BACON & SAUSAGE					
Ham Slices	½ inch	9-12 oz. each	—	—	10-12
	¾ inch	1-1¼ lb.	—	—	13-14
	1 inch	1¼-1¾ lbs.	—	—	18-20
Bacon					4-5
Pork Sausage Links		12-16 to the lb.	—	—	12-15
Broiling Chickens (drawn) Halves		1-1½ lbs.	—	—	30-35

Stewing

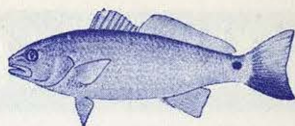
CUT	WEIGHT RANGE	APPROXIMATE TIME
Beef—1-1½ inch cubes from neck, chuck, plate or heel of round	2 lbs.	2½-3 hours
Veal or Lamb 1-1½ inch cubes from shoulder or breast	2 lbs.	1½-2 hours
Chicken	3½-4 lbs.	2-2½ hours

Simmering in Water

CUT	WEIGHT RANGE	APPROXIMATE TIME
Fresh Beef Brisket or Plate	8 lbs.	4-5 hours total
Corned Beef Brisket half or whole	4-8 lbs.	4-6 hours total
Cross Cut Shanks of Beef	4 lbs.	3-4 hours total
Fresh or Smoked Beef Tongue	3-4 lbs.	3-4 hours total
Hocks	¾ lbs.	3 hours total
Hocks	12-16 lbs.	18-20 min. per lb.
Ham Shanks	5-6 lbs.	25-30 min. per lb.
Smoked Pork Butt (boneless)	2-3 lbs.	40 min. per lb.
Picnic	7-8 lbs.	35-40 min. per lb.
Chicken	3½-4 lbs.	2-2½ hours total



Sea Food COOKERY

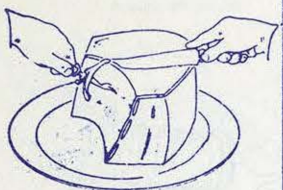


	BROILED	BAKED	BOILED STEAMED	FRIED SAUTED	MONTHS IN SEASON
BARRACUDA	2	1		3	VARIES
BLUEFISH	2	1		3	ALL YEAR
BONITO	2	1		3	ALL YEAR
BULLHEADS		2	1	3	APRIL - OCT.
BUTTERFISH	2	3		1	APRIL - DEC.
CARP	2	1		3	ALL YEAR
CATFISH			2	1	ALL YEAR
COD	1	2	3		ALL YEAR
CROAKER	2	3		1	FEB. - NOV.
EELS		2	3	1	ALL YEAR
FLOUNDER	2	3		1	ALL YEAR
GROUPE		1			NOV. - APRIL
HADDOCK	1	2	3		ALL YEAR
HALIBUT	1	2	3		ALL YEAR
HERRING	1	3		2	ALL YEAR
KINGFISH	1	2	3		JAN. - JUNE
LAKE TROUT	3	1		2	APRIL - NOV.
MACKEREL	1	2	3		ALL YEAR
MULLET	1	2		3	JUNE - OCT.
PERCH	2	3		1	ALL YEAR
PIKE	3	2		1	ALL YEAR
PICKEREL	3	2		1	ALL YEAR
POMPANO	1	2		3	ALL YEAR
PORGIES	2	3		1	ALL YEAR
RED SNAPPER		1	2		ALL YEAR
SALMON	2	1	3		ALL YEAR
SEA BASS	1	3		2	ALL YEAR
SEA TROUT	1	3		2	NOV. - MAY
SHAD	2	1		3	DEC. - JUNE
SHEEPSHEAD	3	2		1	ALL YEAR
SMELTS	2	3		1	SEPT. - MAY
SNAPPERS	2	1	3		ALL YEAR
SOLE	2	3		1	ALL YEAR
SPAN. MACKEREL	1	2		3	NOV. - APRIL
STRIPED BASS			1		ALL YEAR
STURGEON	2	1	3		APRIL - JAN.
SUNFISH	2			1	APRIL - OCT.
SWORDFISH	1	2	3		VARIES
TAUTOG	1	2		3	ALL YEAR
TROUT	2	3		1	APRIL - NOV.
TUNA	2	1	3		ALL YEAR
WEAKFISH	1	2		3	APRIL - NOV.
WHITING			1		MAY - DEC.
WHITEFISH	2	1		3	APRIL - DEC.

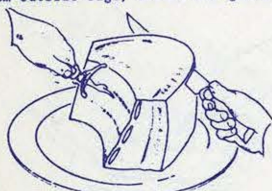
HOW TO COOK - 1 EXCELLENT 2 GOOD 3 FAIR

HOW TO CARVE

STANDING RIB ROAST



Have the butcher separate the backbone from the ribs when you buy the roast. The backbone can be removed in the kitchen after roasting. Insert the fork between two top ribs and slice from outside edge, across the grain.

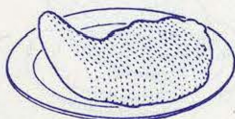


Make slices an eighth to three-eighths inch thick, cutting along rib with tip of knife to release each slice.



After each cut, lift the slice with the blade of the knife to the edge of the platter or to another plate.

BEEF TONGUE



Make thin even slices after removing excess tissue and cartilage from the large end of tongue.

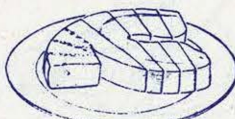
PORTERHOUSE STEAK



Remove bone and place at side of platter.

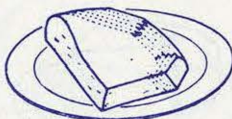


Always cut a steak with the grain.



To protect the cutting edge of the knife, a board cut to fit the platter is an excellent aid in serving steak.

BEEF BRISKET

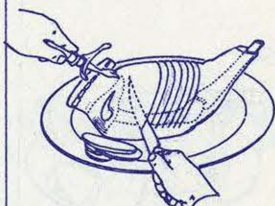


Have round side away from you, when Place round edge on platter as shown. Trim off excess fat and slice in rotation from each of the three sides.

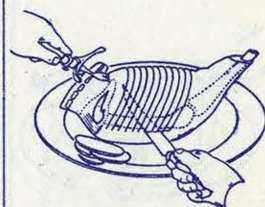
ROAST LEG OF LAMB



Place the shank end at the carver's right. Remove slices lengthwise.



Turn the roast so it rests on the surface just cut. The shank bone now points up from the platter. Insert fork in the left of the roast, and cut slices to the bone.



With the fork still in place, run the knife along the bone, releasing all the slices.

CUSHION LAMB SHOULDER



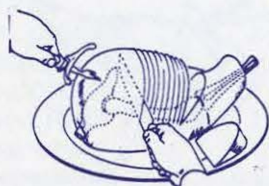
Slice thin as shown.

HOW TO-CARVE

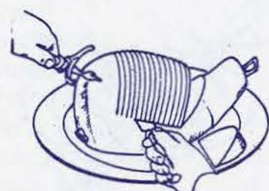
BAKED WHOLE HAM



The ham is placed on platter with the shank end to the carver's right. Insert fork as shown and remove several slices from the thin side.



Turn the ham so it rests on the surface just cut. Hold firmly with fork and cut thin slices down to the bone.



Remove slices by cutting along the bone at right angles to the slices.

HALF HAM



Cut into three sections and turn each section on its side for cutting against the grain. Remove the bone from the end section before slicing.

BLADE POT ROAST



Separate a section of the meat by running the knife between two muscles, then close to the bone.

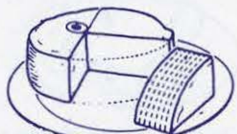


Turn the section so the grain is parallel with the platter. Cut across grain.



Cut slices from one-fourth to three-eighths inch thick. Separate remaining sections and carve across the grain.

HAM SLICE



Divide the cushion and shank sections. Slice cushion section across the grain, beginning at the large end.

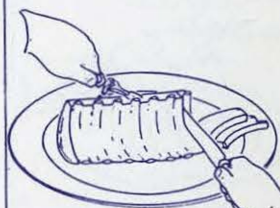
PORK LOIN ROAST



Have butcher saw across the ribs to loosen backbone from the ribs. Backbone becomes loosened during cooking.



Remove the backbone from the ribs by cutting between it and the rib ends.



Roast is placed so rib side faces the carver. Cut close against both sides of each rib. You alternately make one slice with a bone, and one without.

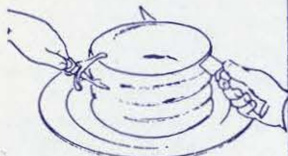
PICNIC SHOULDER



Slice from the small side until the shoulder can rest on this surface. Then make parallel slices releasing the bone.

HOW TO CARVE

ROLLED RIB ROAST

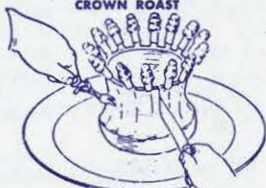


The roast is placed with the larger cut surface down. Push fork firmly into left side of roast, an inch or two from the top. Slice across the grain.



Remove each cord as you come to it. Cut it with the tip of blade, loosen it with fork and allow it to drop to the platter.

CROWN ROAST



Remove any garnish to side of platter. Slice down between the ribs.

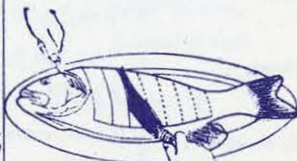


Allow one rib to each slice. Lift the slice on the knife blade, using the fork to steady it.

LARGE FISH



Use silver knife instead of steel. Cut out section A to A, B to B, and then A to B.



Then cut individual slices 1 to 1½ inches thick.

ROAST CHICKEN AND TURKEY



1. With turkey's legs to your right, remove the leg and thigh and place them upon a separate platter.



2. Sever the leg and thigh by cutting through the joint.



3. Remove the wing and cut into two pieces. Carve the leg and thigh in lengthwise slices.



4. Carve the breast in thin slices, cutting at an angle. Slice across the grain.

TO FIGURE YIELD

CANNED FRUIT FROM FRESH

LEGAL WEIGHT OF A BUSHEL VARIES IN DIFFERENT STATES. THESE ARE AVERAGE WGTs.

Food	Fresh	Canned
Apples	1 bu. (48 lb.) 2½ to 3 lb.	16 to 20 qt. 1 qt.
Berries, except strawberries	24-qt. crate 5 to 8 cups	12 to 18 qt. 1 qt.
Cherries, as picked	1 bu. (56 lb.) 6 to 8 cups	22 to 32 qt. 1 qt.
Peaches	1 bu. (48 lb.) 2 to 2½ lb.	18 to 24 qt. 1 qt.
Pears	1 bu. (50 lb.) 2 to 2½ lb.	20 to 25 qt. 1 qt.
Plums	1 bu. (56 lb.) 2 to 2½ lb.	24 to 30 qt. 1 qt.
Strawberries	24-qt. crate 6 to 8 cups	12 to 16 qt. 1 qt.
Tomatoes	1 bu. (53 lb.) 2½ to 3 lb.	15 to 20 qt. 1 qt.

CANNED VEGETABLES FROM FRESH

Vegetable	Fresh	Canned
Asparagus	1 bu. (45 lb.) 4 lb.	11 qt. 1 qt.
Beans, lima in pods	1 bu. (32 lb.) 4-5 lb.	6-8 qt. 1 qt.
Beans, snap	1 bu. (30 lb.) 1½ 2 lb.	15-20 qt. 1 qt.
Beets, without tops	1 bu. (52 lb.) 2½ 3 lb.	17-20 qt. 1 qt.
Carrots, without tops	1 bu. (50 lb.) 2½ 3 lb.	16-20 qt. 1 qt.
Corn, sweet, in husks	1 bu. (35 lb.) 6-16 ears	8-9 qt. 1 qt.
Okra	1 bu. (26 lb.) 1½ lb.	17 qt. 1 qt.
Peas, green, in pods	1 bu. (30 lb.) 2-2½ lb.	12-15 pt. 1 pt.
Pumpkin	50 lb. 3 lb.	15 qt. 1 qt.
Spinach	1 bu. (18 lb.) 2-3 lb.	6-9 qt. 1 qt.
Squash, summer	1 bu. (40 lb.) 2-2½ lb.	16-20 qt. 1 qt.
Sweetpotatoes	1 bu. (55 lb.) 2½-3 lb.	18-22 qt. 1 qt.

Approximate yield of frozen fruits from fresh

FRUIT	FRESH	FROZEN
Apples	1 bu. (48 lb.) 1 box (44 lb.) 1¼ to 1½ lb.	32 to 40 pt. 29 to 35 pt. 1 pt.
Apricots	1 bu. (48 lb.) 1 crate (22 lb.) ¾ to 1 lb.	60 to 72 pt. 28 to 33 pt. 1 pt.
Berries ¹	1 crate (24 qt.) 1½ to 1½ pt.	32 to 36 pt. 1 pt.
Cantaloups	1 dozen (28 lb.) 1 to 1½ lb.	22 pt. 1 pt.
Cherries, sweet or sour	1 bu. (56 lb.) 1¼ to 1½ lb.	36 to 44 pt. 1 pt.
Cranberries	1 box (25 lb.) 1 peck (8 lb.) ½ lb.	50 pt. 16 pt. 1 pt.
Currants	2 qt. (3 lb.) ¾ lb.	4 pt. 1 pt.
Peaches	1 bu. (48 lb.) 1 lug box (20 lb.) 1 to 1½ lb.	32 to 48 pt. 13 to 20 pt. 1 pt.
Pears	1 bu. (50 lb.) 1 western box (46 lb.) 1 to 1½ lb.	40 to 50 pt. 37 to 46 pt. 1 pt.
Pineapple	5 lb.	4 pt.
Plums and prunes	1 bu. (56 lb.) 1 crate (20 lb.) 1 to 1½ lb.	38 to 56 pt. 13 to 20 pt. 1 pt.
Raspberries	1 crate (24 pt.) 1 pt.	24 pt. 1 pt.
Rhubarb	15 lb. ¾ to 1 lb.	15 to 22 pt. 1 pt.
Strawberries	1 crate (24 qt.) ¾ qt.	38 pt. 1 pt.

¹ Includes blackberries, blueberries, boysenberries, dewberries, elderberries, gooseberries, huckleberries, loganberries, and youngberries.

Approximate yield of frozen vegetables from fresh

VEGETABLE	FRESH	FROZEN
Asparagus	1 crate (12 2-lb. bunches) 1 to 1½ lb.	15 to 22 pt. 1 pt.
Beans, lima (in pods)	1 bu. (32 lb.) 2 to 2½ lb.	12 to 16 pt. 1 pt.
Beans, snap, green, and wax	1 bu. (30 lb.) ¾ to 1 lb.	30 to 45 pt. 1 pt.
Beet greens	15 lb. 1 to 1½ lb.	10 to 15 pt. 1 pt.
Beets (without tops)	1 bu. (52 lb.) 1¼ to 1½ lb.	35 to 42 pt. 1 pt.
Broccoli	1 crate (25 lb.) 1 lb.	24 pt. 1 pt.
Brussels sprouts	4 quart boxes 1 lb.	6 pt. 1 pt.
Carrots (without tops)	1 bu. (50 lb.) 1¼ to 1½ lb.	32 to 40 pt. 1 pt.
Cauliflower	2 medium heads 1½ lb.	3 pt. 1 pt.
Chard	1 bu. (12 lb.) 1 to 1½ lb.	8 to 12 pt. 1 pt.
Collards	1 bu. (12 lb.) 1 to 1½ lb.	8 to 12 pt. 1 pt.
Corn, sweet (in husks)	1 bu. (35 lb.) 2 to 2½ lb.	14 to 17 pt. 1 pt.
Eggplant	1 lb.	1 pt.
Kale	1 bu. (18 lb.) 1 to 1½ lb.	12 to 18 pt. 1 pt.
Mustard greens	1 bu. (12 lb.) 1 to 1½ lb.	8 to 12 pt. 1 pt.
Peas	1 bu. (30 lb.) 2 to 2½ lb.	12 to 15 pt. 1 pt.
Peppers, green	¾ lb. (3 peppers)	1 pt.
Pumpkin	3 lb.	2 pt.
Spinach	1 bu. (18 lb.) 1 to 1½ lb.	12 to 18 pt. 1 pt.
Squash, summer	1 bu. (40 lb.) 1 to 1¼ lb.	32 to 40 pt. 1 pt.
Squash, winter	3 lb.	2 pt.
Sweetpotatoes	¾ lb.	1 pt.

Ways to use left-overs

If it's good food, don't throw it away. Little left-overs, or big ones, fit into many dishes. A switch in recipes here or a novel dessert there—and your left-overs are put to work in interesting ways. Egg yolks can substitute for whole eggs, for example. If bread is a bit dry, then it's just right for french toast. Other left-overs have a way of adding food value or a fresh new touch—such as fruit in muffins or vegetables in omelet.

Listed below are some of the dishes in which left-overs may be used.

Cooked snap beans, lima beans, corn, peas, carrots, in

Meat and vegetable pie
Soup
Stew
Stuffed peppers
Stuffed tomatoes
Vegetables in cheese sauce

Cooked leafy vegetables, chopped, in

Creamed vegetables
Soup
Meat loaf
Meat patties
Omelet
Souffle

Cooked or canned fruits, in

Fruit cup
Fruit sauces
Jellied fruit
Quick breads
Shortcake
Upside-down cake
Yeast breads

Cooked meats, poultry, fish, in

Casserole dishes
Hash
Meat patties
Meat pies
Salads
Sandwiches
Stuffed vegetables

Cooked wheat, oat, or corn cereals, in

Fried cereal
Meat loaf or patties
Sweet puddings

Cooked rice, noodles, macaroni, spaghetti, in

Casseroles
Meat or cheese loaf
Timbales

Bread

Slices, for
French toast
Dry crumbs, in
Brown betty
Croquettes
Fried chops
Soft crumbs, in
Meat loaf
Stuffings

Cake or cookies, in

Brown betty
Ice-box cake
Toasted, with sweet topping,
for dessert

Egg yolks, in

Cakes
Cornstarch pudding
Custard or sauce
Pie filling
Salad dressing
Scrambled eggs

Egg whites, in

Custard
Fruit whip
Meringue
Souffles

Hard-cooked egg or yolk, in

Casserole dishes
Garnish
Salads
Sandwiches

Sour cream, in

Cakes, cookies
Dessert sauce
Meat stews
Pie filling
Salad dressing
Sauce for vegetables

Sour milk, in

Cakes, cookies
Quick breads

Cooked potatoes, in

Croquettes
Fried or creamed potatoes
Meat-pie crust
Potatoes in cheese sauce
Stew or chowder





Quantities to Serve 100 People



COFFEE	- 3 LBS.	
LOAF SUGAR	- 3 LBS.	
CREAM	- 3 QUARTS	
WHIPPING CREAM	- 4 PTS.	
MILK	- 6 GALLONS	
FRUIT COCKTAIL	- 2 1/2 GALLONS	
FRUIT JUICE	- 4 NO. 10 CANS	(26 LBS.)
TOMATO JUICE	- 4 NO. 10 CANS	(26 LBS.)
SOUP	- 5 GALLONS	
OYSTERS	- 18 QUARTS	
WEINERS	- 25 LBS.	
MEAT LOAF	- 24 LBS.	
HAM	- 40 LBS.	
BEEF	- 40 LBS.	
ROAST PORK	- 40 LBS.	
HAMBURGER	- 30-36 LBS.	
CHICKEN FOR CHICKEN PIE	- 40 LBS.	
POTATOES	- 35 LBS.	
SCALLOPED POTATOES	- 5 GALLON	
VEGETABLES	- 4 NO. 10 CANS	(26 LBS.)
VEGETABLES	- 4 NO. 10 CANS	(26 LBS.)
BAKED BEANS	- 5 GALLON	
BEETS	- 30 LBS.	
CAULIFLOWER	- 18 LBS.	
CABBAGE FOR SLAW	- 20 LBS.	
CARROTS	- 33 LBS.	
BREAD	- 10 LOAVES	
ROLLS	- 200	
BUTTER	- 3 LBS.	
POTATO SALAD	- 12 QUARTS	
FRUIT SALAD	- 20 QUARTS	
VEGETABLE SALAD	- 20 QUARTS	
LETTUCE	- 20 HEADS	
SALAD DRESSING	- 3 QUARTS	
PIES	- 18	
CAKES	- 8	
ICE CREAM	- 4 GALLONS	
CHEESE	- 3 LBS.	
OLIVES	- 1 3/4 LBS.	
PICKLES	- 2 QUARTS	
NUTS	- 3 LBS. SORTED	





how to make
26
new fillings

QUANTITY
AND
FAMILY SIZE
RECIPES



for lunch boxes

for outdoor eating



HAWAIIAN HAM SANDWICH 6 SERVINGS 24 SERVINGS

Mix Well	Ground ham	1 cup	1 quart
	Drained crushed pineapple	1/2 cup	2 cups (No. 2 can)
	Brown sugar	1 tablespoon	1/4 cup
	Cloves	1/8 teaspoon	1/2 teaspoon

O'HARA'S SANDWICH

Mix Well	Corned beef, chopped	1 cup	1 quart
	Chopped onion	1/4 cup	1 cup
	Chopped Kosher pickle	1/4 cup	1 cup
	Tomato juice	1/4 cup	1 cup

TANGY TONGUE SANDWICH

Mix Well	Sliced tongue	3/4 pound	3 pounds
	Cream cheese, softened	3-oz. package	3/4 pound
	Horseradish	1 tablespoon	1/4 cup

CHEESE PIMIENTO SANDWICH

Mix Well	Shredded nippy cheese	1 cup	1 quart (1 pound)
	Chopped pimiento	2 tablespoons	1/2 cup
	Salad dressing	2 tablespoons	1/2 cup

EAST COAST SANDWICH 6 SERVINGS 24 SERVINGS

Mix Well	Frankfurters, thinly sliced	3	12 (1 1/2 lbs.)
	Baked beans	1/2 cup	2 cups (1 lb. can)
	Chopped onion	2 tablespoons	1/2 cup
	Chili sauce	1 tablespoon	1/4 cup

ALL AMERICAN FAVORITE

Sliced roast beef	3/4 pound	3 pounds
Sliced sweet onion	1 onion	4 onions

**STUDDIED
PEANUT BUTTER SANDWICH**

Mix Well	Peanut butter	3/4 cup	3 cups
	Diced crisp bacon	1/4 cup (8 slices)	1 cup (about 1 1/2 lbs.)

for quick 'n' easy snacks

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

LIVER SAUSAGE SALAD SANDWICH

	6 SERVINGS	24 SERVINGS
Mix Well { Liver sausage	1/2 pound	2 pounds
{ Chopped celery	1/4 cup	1 cup
{ Chopped sweet pickle	1/4 cup	1 cup
{ Chopped onion	1 tablespoon	1/4 cup
{ Hard cooked egg, chopped	1	4
{ Salad dressing	3 tablespoons	3/4 cup

TASTY TREAT HAMBURGER

	6 SERVINGS	24 SERVINGS
Mix Well { American cheese, grilled on hamburger bun	6 1-ounce slices	24 1-ounce slices (1 1/2 pounds)
{ Ground beef	3/4 pound	3 pounds
{ Chopped onion	1/4 cup	1 cup
{ Chili sauce	2 tablespoons	1/2 cup
{ Worcestershire sauce	1/2 teaspoon	2 teaspoons
{ Salt and pepper to taste		

SPICY HAM SANDWICH

	6 SERVINGS	24 SERVINGS
Sliced boiled ham, simmered 15 minutes with:	3/4 pound	3 pounds
Tomato sauce	1 cup (8-oz. can)	1 quart
Cloves	1/8 teaspoon	1/2 teaspoon

CREAM CHEESE CRUNCH

	6 SERVINGS	24 SERVINGS
Mix Well { Cream cheese, softened	2 3-ounce packages	3 8-ounce packages
{ Diced crisp bacon	1/4 cup (8 slices)	1 cup
{ Sliced stuffed olives	1/2 cup	2 cups

CANADIAN DOUBLE DECKER

	6 SERVINGS	24 SERVINGS
First Layer—Cheddar cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)
Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)
Second Layer—Fried Canadian bacon	6 slices	24 slices (1 1/2 pounds)

CHAMPION TWO STORY

	6 SERVINGS	24 SERVINGS
First Layer—Sliced cooked chicken	1/2 pound	2 pounds
Second Layer—Hard cooked eggs, chopped	4	16
Chopped celery	2 tablespoons	1/2 cup
Chopped olives	2 tablespoons	1/2 cup
Chopped sweet pickle	1 tablespoon	1/4 cup
Salad dressing	2 tablespoons	1/2 cup
Prepared mustard	2 teaspoons	3 tablespoons

FOR SMALL FRY



BANANA PEANUT BUTTER WINNER

	6 SERVINGS	24 SERVINGS
Peanut butter	3/4 cup	3 cups
Banana, sliced	3 medium	12 medium

SUNSHINE SPECIAL

	6 SERVINGS	24 SERVINGS
Mix Well { Chopped dates	1 cup	1 quart
{ Shredded carrots	1 cup	1 quart
{ Chopped nuts	1/2 cup	2 cups
{ Salad dressing	1/2 cup	2 cups

CALIFORNIA DELIGHT

	6 SERVINGS	24 SERVINGS
Mix Well { Peanut butter	3/4 cup	3 cups
{ Orange juice	1/2 cup	2 cups
{ Shredded orange rind	1 tablespoon	1/4 cup
{ Shredded coconut	1/2 cup	2 cups

APPLE CHEESE TOASTY

	6 SERVINGS	24 SERVINGS
Apple sauce, topped with:	1/2 cup	2 cups
American cheese, melted in broiler	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

CHICKEN WALDORF SANDWICH

	6 SERVINGS	24 SERVINGS
Mix Well { Cooked, diced chicken	1 cup	1 quart
{ Chopped celery	1/2 cup	2 cups
{ Chopped apple	1/2 cup	2 cups
{ Chopped nuts	1/4 cup	1 cup
{ Salad dressing	3 tablespoons	3/4 cup



for hearty lunching

OPEN FACE

Arrange ingredients on buttered bread in order listed.
Place under broiler about 10 minutes or until toasted.

SANDWICHES

QUANTITY AND FAMILY SIZE RECIPES

ROYAL LIVER SAUSAGE SANDWICH

	6 SERVINGS	24 SERVINGS
Liver sausage	1/2 pound	2 pounds
Tomato, sliced	1 medium (6 slices)	4 medium (24 slices)
Bacon	6 slices (1/4 pound)	1 pound (24 slices)

FRANKFURTER CHEESE GRILL

	6 SERVINGS	24 SERVINGS
Frankfurters, sliced lengthwise	6 (about 3/4 pound)	24 (about 3 pounds)
American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

SEAFOOD SUPREME

Mix Well	Crabmeat salad:		
	Flaked crabmeat	1 cup	1 quart
	Chopped green pepper	1/4 cup	1 cup
	Salad dressing	3 tablespoons	3/4 cup
	Lemon juice	1 tablespoon	1/4 cup
	Tomato, sliced	1 medium (6 slices)	4 medium
	American cheese	6 1-ounce slices	24 1-ounce slices (about 1 1/2 pounds)

CHEF'S CHICKEN SANDWICH

	6 SERVINGS	24 SERVINGS
Sliced cooked chicken	1/2 pound	2 pounds
Cooked asparagus spears	18 (about 1 pound)	6 dozen (about 4 pounds)
Cheese sauce	1 1/2 cups	1 1/2 quarts



ROCKY MOUNTAIN SANDWICH

	6 SERVINGS	24 SERVINGS
Eggs, scrambled	6	2 dozen
Sausage meat, browned	1/4 pound	1 pound
Chopped onion	1/4 cup	1 cup
Chopped green pepper	1/4 cup	1 cup
Salt and pepper to taste		

BAKED SANDWICHES

HEAVENLY

HAMBURGER BAKE

	4 Servings	24 Servings
Enriched bread	8 slices	48 slices
Butter or margarine	1 tablespoon	1/4 cup
Ground beef	1/2 pound	3 pounds
Chopped onion	1/4 cup	1 1/2 cups
Chopped celery	2 tablespoons	3/4 cup
Prepared mustard	1 tablespoon	6 tablespoons
Shredded American cheese	1 cup	1 quart
Eggs, beaten	2	1 dozen
Milk	1 cup	1 1/2 quarts

Spread half of bread lightly with butter or margarine. Arrange 4 slices in bottom of 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 pans, 11x16x2 1/2 in.) Toast lightly in moderate oven (350°F.) about 15 minutes. While bread is toasting, brown meat with onion and celery. Mix in prepared mustard. Spread meat mixture over toasted bread. Sprinkle shredded cheese on top of meat. Cover with remaining bread slices to make sandwiches. Combine egg and milk and pour over bread. Bake in moderate oven (350°F.) about 45 minutes.



TUNA SOUFFLE SANDWICH

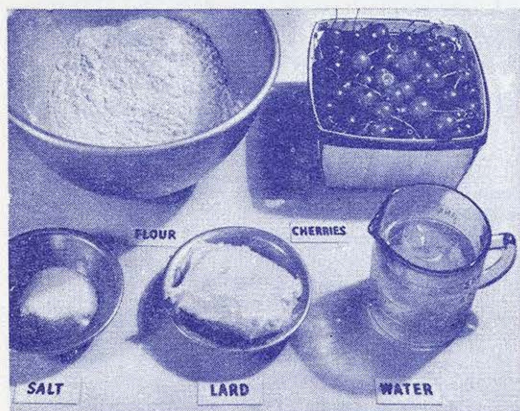
	6 SERVINGS	24 SERVINGS
Enriched bread	8 slices	48 slices
Flaked tuna	1 cup (7-ounce can)	6 cups (3 13-ounce cans)
Chopped celery	1/4 cup	1 1/2 cups
Chopped green pepper	1/4 cup	1 1/2 cups
Shredded American cheese	1/2 cup	3 cups (3/4 pound)
Eggs, beaten	3	1 1/2 dozen
Milk	1 1/2 cups	2 quarts
Salt	1 teaspoon	2 tablespoons
Paprika	1/8 teaspoon	3/4 teaspoon

Arrange 4 slices bread in bottom of greased 8-inch square baking dish. (For 24 servings, arrange 8 slices in bottom of each of 3 greased pans, 11x16x2 1/2 in.) Combine tuna, celery and green pepper and spread over slices of bread. Sprinkle cheese over all. Cover with remaining bread slices to make sandwiches. Combine eggs, milk and salt and pour over bread. Sprinkle with paprika. Bake in moderate oven (350°F.) about 45 minutes.



6 Easy Steps

TO THE



1 The ingredients for the perfect pie crust: 1 teaspoon salt, $\frac{2}{3}$ cup lard, 2 cups flour, and cold water.

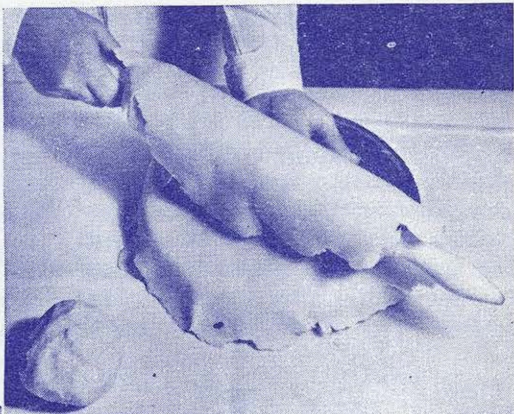
2 Cut lard into flour and salt mixture with a fork or pastry blender until crumbs are coarse and granular.



3 Add 3 to 6 tablespoons cold water, a little at a time. Mix quickly and evenly through the flour until the dough just holds in a ball.

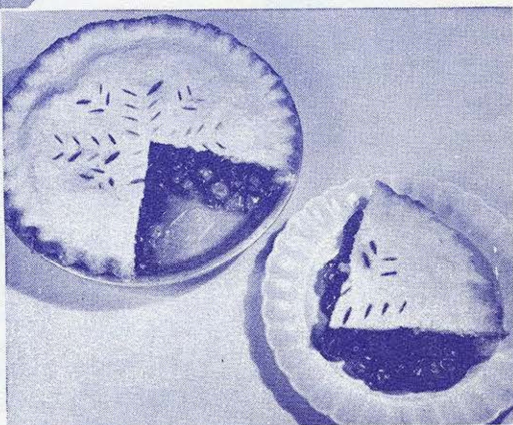
Perfect Pie

4 Roll half the dough to about one-eighth inch thickness. Lift edge of pastry cloth and roll crust onto rolling pin. Line pie pan, allowing one-half inch crust to extend over edge.



5 Add filling. Roll out top crust, making several gashes to allow escape of steam. Place over filling. Allow top crust to overlap lower crust. Fold top crust under the lower and crimp edges.

6 And here is the perfect pie, baked in a moderately hot oven (425° F.) for thirty-five minutes.



YOU can Reduce --- with SAFETY and COMFORT

If you really want to reduce, the best diet is one that is adequate in all respects, except that it is low in energy value. On such a diet excess fat will be used to supply your energy requirements for work and play.

This diet is based on the results of a study conducted at Rush Medical College, Chicago. On such a diet a large number of patients lost weight consistently while continuing their normal activities. They reported no discomfort from hunger. Many careful tests proved that no harmful effects resulted from staying on this type of diet for a long time.

YOUR DIET

If your Ideal Weight is 105 to 125 pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	1
<i>Bacon (Canadian-style, broiled)</i>	½ ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

LUNCH

<i>Meat (lean)</i>	3 ounces
<i>Vegetable (cooked or salad)</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	7 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

The diets here outlined are low in calories (the heat units used in measuring energy value of foods) and high in protein (the material which will protect your body while you are taking off weight).

As these are adequate diets, they will provide you with all of the necessary mineral elements and vitamins for the regulation of your body and for the protection of your health.

Just a Word of Caution!

Before going on a diet—

CONSULT YOUR PHYSICIAN

YOUR DIET

If your Ideal Weight is 125 to 145 pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	1
<i>Bacon (Canadian-style, broiled)</i>	1 ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

LUNCH

<i>Meat (lean)</i>	4 ounces
<i>Vegetable (cooked or salad)</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	7 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

YOUR DIET

If your Ideal Weight is **145 to 165** pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	2
<i>Bacon (Canadian-style, broiled)</i>	1 ounce
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

LUNCH

<i>Meat (lean)</i>	5 ounces
<i>Vegetable (cooked)</i>	2 ounces
<i>Salad</i>	3 ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	9 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

HELPFUL INFORMATION

www

FRUITS

3½ ounces = approximately ½ cup

BREAD

2/3 ounces = 1 thin slice

BUTTER

1/6 ounce = ½ pat

MEATS

4 ounces = piece 4x3x1 inches

MILK

7 ounces = 1 glass

VEGETABLES

3½ ounces = approximately ½ cup

YOUR DIET

If your Ideal Weight is **165 to 185** pounds:

BREAKFAST

<i>Fruit</i>	3½ ounces
<i>Eggs (boiled or poached)</i>	2
<i>Bacon (Canadian-style, broiled)</i>	2 ounces
<i>Toast</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Coffee</i>	as desired

LUNCH

<i>Meat (lean)</i>	6 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

DINNER

<i>Clear broth</i>	Optional
<i>Meat (lean)</i>	9 ounces
<i>Vegetable (cooked)</i>	3½ ounces
<i>Salad</i>	3½ ounces
<i>Bread</i>	2/3 ounce
<i>Butter</i>	1/6 ounce
<i>Fruit</i>	3½ ounces
<i>Milk (skimmed)</i>	7 ounces
<i>Coffee or tea</i>	as desired

Age _____

Height _____

Weight _____

Desired Weight _____

WEIGHT RECORD

Date	Weight	Date	Weight

INSTRUCTIONS FOR WEIGHING

Weigh yourself at least twice a week at the same time of day and on the same scale. Wear the same type of clothing if possible.

Suggested Menus For Your Diet



MONDAY

Breakfast
Orange juice
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Cold roast beef
Cauliflower
Cucumber salad
Bread Butter
Baked apple
Milk Tea

Dinner
Clear tomato bouillon
Broiled lamb chops
String beans
Head lettuce salad
Whole wheat bread Butter
Sliced peaches
Milk Coffee

TUESDAY

Breakfast
Pineapple juice
Coddled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Hamburger patty
Baked onion
Sliced tomatoes
Bread Butter
Plums
Milk Tea

Dinner
Baked liver
Julienne carrots
Celery and radishes
Whole wheat bread Butter
Pears
Milk Coffee



Breakfast
Grapefruit sections
Broiled ham with poached egg
Whole wheat toast Butter
Coffee



WEDNESDAY

Breakfast
Tomato juice
Poached eggs on toast
Broiled ham
Coffee

Lunch
Broiled luncheon meats
Seven minute cabbage
Endive Salad
Bread Butter
Grapes
Milk Tea

Dinner
Clear broth
Broiled steak
Baked squash
Mixed vegetable salad
Bread Butter
Pineapple
Milk Coffee

THURSDAY

Breakfast
Orange slices
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Green peppers stuffed with
ground meat
Apple and celery salad
Bread Butter
Milk Tea

Dinner
Beef bouillon
Corned beef
Cabbage
Tossed salad
Rye bread Butter
Sliced peaches
Milk Coffee

SUNDAY

Luncheon or Supper
Assorted cold meats
Tossed green salad
Rye bread Butter
Strawberries
Milk Tea



FRIDAY *

Breakfast
Grapefruit juice
Egg in nest on Canadian-style bacon
Toast Butter
Coffee

Lunch
Tongue and spinach
Pickled beet salad
Pumpernickel Butter
Raspberries
Milk Tea

Dinner
Consommé
Lamb shanks
Broccoli
Carrot sticks and celery curls
Bread Butter
Honeydew melon
Milk Coffee

SATURDAY

Breakfast
Tangerine juice
Poached eggs
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch
Veal luncheon meat
Stewed tomatoes
Red cabbage and apple salad
Bread Butter
Milk Tea

Dinner
Jellied consommé
Pork tenderloin
Diced turnips
Asparagus salad
Bread Butter
Apricots
Milk Coffee



Dinner
Consommé
Roast beef
Asparagus tips
Beet and onion salad
Bread Butter
Cherries
Milk Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.



Suggested Menus For Your Diet

MONDAY

Breakfast

Poached egg
Toast
Orange juice
Frizzled dried beef
Coffee

Lunch

Cold roast veal
Stewed tomatoes
Endive salad
Bread
Butter
Grapes
Milk
Tea

Dinner

Barbecued pork hearts
Mashed rutabagas
Hearts of lettuce salad
Whole wheat bread
Butter
Broiled grapefruit
Milk
Coffee

TUESDAY

Breakfast

Honeydew melon
Soft boiled egg
Broiled Canadian-style bacon
Toast
Coffee

Lunch

Broiled sweetbreads
Broiled tomatoes
Pineapple and cottage cheese
Bread
Butter
Milk
Tea

Dinner

Roast leg of lamb
Brussels sprouts
Bread
Butter
Blueberries
Milk
Coffee



Breakfast

Cantaloupe
Shirred eggs with diced ham
Whole wheat toast
Butter
Coffee



WEDNESDAY

Breakfast

Grapefruit juice
Coddled egg
Toast
Broiled ham slice
Coffee

Lunch

Cold roast lamb
String beans
Carrot sticks
Bread
Butter
Steamed apple
Milk
Tea

Dinner

Consomme
Veal steak with stewed tomatoes
Mixed green salad
Rye bread
Butter
Sliced peaches
Milk
Coffee

THURSDAY

Breakfast

Apricots
Poached egg on toast
Broiled Canadian-style bacon
Coffee

Lunch

Assorted cold meats
Pickled beets
Artichoke hearts
Bread
Butter
Pineapple
Milk
Tea

Dinner

Beef pot roast
Whole carrots
Assorted relishes
Bread
Butter
Raspberries
Milk
Coffee

SUNDAY

Luncheon or supper

Broiled frankfurters
Beets
Cole slaw
Bread
Butter
Plums
Milk
Tea



FRIDAY *

Breakfast

Baked egg
Toast
Orange juice
Canadian-style bacon cup
Butter
Coffee

Lunch

Deviled beef slices
Seven minute cabbage
Carrot and celery salad
Bread
Butter
Grapes
Milk
Tea

Dinner

Clear broth
Broiled beef steak
Baked onion
Sliced tomato salad
Rye bread
Butter
Watermelon
Milk
Coffee

SATURDAY

Breakfast

Tomato juice
Soft boiled eggs
Broiled Canadian-style bacon
Whole wheat toast
Butter
Coffee

Lunch

Broiled kidney
Diced carrots
Mixed vegetable salad
Bread
Butter
Cherries
Milk
Tea

Dinner

Tomato bouillon
Meat loaf
Asparagus spears
Cauliflower on tomato salad
Bread
Butter
grapefruit
Milk
Coffee



Dinner

Clear vegetable soup
Rolled shoulder of veal
Baked eggplant
Celery curls
Radish roses
Bread
Butter
Strawberries
Milk
Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.



Suggested Menus For Your Diet



MONDAY

Breakfast

Orange juice
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch

Cold roast beef
Cauliflower
Cucumber salad
Bread Butter
Baked apple
Milk Tea

Dinner

Clear tomato bouillon
Broiled lamb chops
String beans
Head lettuce salad
Whole wheat bread Butter
Sliced peaches
Milk Coffee

TUESDAY

Breakfast

Pineapple juice
Coddled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch

Hamburger patty
Baked onion
Sliced tomatoes
Bread Butter
Plums
Milk Tea

Dinner

Baked liver
Julienne carrots
Celery and radishes
Whole wheat bread Butter
Pears
Milk Coffee



WEDNESDAY

Breakfast

Tomato juice
Poached eggs on toast
Broiled ham
Coffee

Lunch

Broiled luncheon meats
Seven minute cabbage
Endive Salad
Bread Butter
Grapes
Milk Tea

Dinner

Clear broth
Broiled steak
Baked squash
Mixed vegetable salad
Bread Butter
Pineapple
Milk Coffee



THURSDAY

Breakfast

Orange slices
Soft boiled egg
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch

Green peppers stuffed with
ground meat
Apple and celery salad
Bread Butter
Milk Tea

Dinner

Beef bouillon
Corned beef
Cabbage
Tossed salad
Rye bread Butter
Sliced peaches
Milk Coffee

FRIDAY *

Breakfast

Grapefruit juice
Egg in nest on Canadian-
style bacon
Toast Butter
Coffee



Lunch

Tongue and spinach
Pickled beet salad
Pumpnickel Butter
Raspberries
Milk Tea

Dinner

Consommé
Lamb shanks
Broccoli
Carrot sticks and celery curls
Bread Butter
Honeydew melon
Milk Coffee

SATURDAY

Breakfast

Tangerine juice
Poached eggs
Broiled Canadian-style bacon
Toast Butter
Coffee

Lunch

Veal luncheon meat
Stewed tomatoes
Red cabbage and apple salad
Bread Butter
Milk Tea

Dinner

Jellied consommé
Pork tenderloin
Diced turnips
Asparagus salad
Bread Butter
Apricots
Milk Coffee



SUNDAY

Breakfast

Grapefruit sections
Broiled ham with poached egg
Whole wheat toast Butter
Coffee



Luncheon or Supper

Assorted cold meats
Tossed green salad
Rye bread Butter
Strawberries
Milk Tea

Dinner

Consommé
Roast beef
Asparagus tips
Beet and onion salad
Bread Butter
Cherries
Milk Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.



Suggested Menus For Your Diet

MONDAY

Breakfast

Poached egg
Toast
Orange juice
Frizzled dried beef
Coffee

Lunch

Cold roast veal
Stewed tomatoes
Endive salad
Bread
Grapes
Milk
Butter
Tea

Dinner

Barbecued pork hearts
Mashed rutabagas
Hearts of lettuce salad
Whole wheat bread
Broiled grapefruit
Milk
Butter
Coffee

TUESDAY

Breakfast

Honeydew melon
Soft boiled egg
Broiled Canadian-style bacon
Toast
Coffee

Lunch

Broiled sweetbreads
Broiled tomatoes
Pineapple and cottage cheese
Bread
Milk
Butter
Tea

Dinner

Roast leg of lamb
Brussels sprouts
Bread
Blueberries
Milk
Butter
Coffee



Breakfast

Shirred Cantaloupe
Whole wheat toast
Butter
Coffee



WEDNESDAY

Breakfast

Grapefruit juice
Coddled egg
Toast
Broiled ham slice
Coffee

Lunch

Cold roast lamb
String beans
Bread
Milk
Carrot sticks
Butter
Steamed apple
Tea

Dinner

Consomme
Veal steak with stewed tomatoes
Mixed green salad
Rye bread
Milk
Sliced peaches
Butter
Coffee

THURSDAY

Breakfast

Apricots
Poached egg on toast
Broiled Canadian-style bacon
Coffee

Lunch

Assorted cold meats
Pickled beets
Artichoke hearts
Bread
Milk
Pineapple
Butter
Tea

Dinner

Beef pot roast
Whole carrots
Assorted relishes
Bread
Milk
Raspberries
Butter
Coffee

SUNDAY

Luncheon or supper

Broiled frankfurters
Beets
Cole slaw
Bread
Plums
Milk
Butter
Tea



FRIDAY *

Breakfast

Baked egg in Canadian-style bacon cup
Toast
Orange juice
Coffee
Butter

Lunch

Deviled beef slices
Seven minute cabbage
Carrot and celery salad
Bread
Grapes
Milk
Butter
Tea

Dinner

Clear broth
Broiled beef steak
Baked onion
Sliced tomato salad
Rye bread
Watermelon
Milk
Butter
Coffee

SATURDAY

Breakfast

Tomato juice
Soft boiled eggs
Broiled Canadian-style bacon
Whole wheat toast
Coffee
Butter

Lunch

Broiled kidney
Diced carrots
Mixed vegetable salad
Bread
Milk
Cherries
Butter
Tea

Dinner

Tomato bouillon
Meat loaf
Asparagus spears
Cauliflower on tomato salad
Bread
Milk
grapefruit
Butter
Coffee



Dinner

Clear vegetable soup
Rolled shoulder of veal
Baked eggplant
Celery curls
Radish roses
Bread
Milk
Strawberries
Butter
Coffee

* For Meatless Fridays ---

Egg, cottage cheese, fresh and canned fish dishes are used.

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Cal- ories
MEAT				
Beef				
Corned	4	2 sl. 7" x 2" x ¾"	19.0	346
Pot Roasts				
Chuck	4	Pc. 2½" x 2" x 1½"	22.3	262
Round	4	Pc. 3½" x 2½" x ½"	23.2	233
Shank	4	Pc. 3¾" x 2½" x ¾"	24.4	194
Roasts				
Chuck	4	Sl. 4" x 3½" x ¾"	22.3	262
Loin	4	Sl. 5½" x 3" x ½"	20.3	352
Rib	4	Sl. 5½" x 3" x ½"	20.9	332
Round	4	Sl. 5" x 3½" x ¾"	23.2	233
Steaks				
Club, T-bone, porterhouse, sirloin	4	Pc. 4¾" x 2" x 1"	20.3	352
Flank	4	Pc. 3" x 2¾" x ¾"	23.9	181
Rib	4	Pc. 5" x 3½" x ½"	20.9	332
Round	4	Pc. 3" x 3" x ½"	23.2	233
Stews				
Chuck	4	3 pc. 1½" x 1½" x 1½"	22.3	262
Shank	4	3 pc. 1½" x 1½" x 1½"	24.4	194
Stew meat (av.)	4	3 pc. 1¼" x 1¼" x 1¼"	19.0	400
Lamb				
Chops				
Loin or rib	4	1 loin or 2 rib 1" th.	17.9	421
Shoulder	4	Pc. 4" x 3" x ¾"	18.7	348
Roasts				
Leg	4	Sl. 4" x 3" x ¾"	21.6	276
Shoulder	4	Sl. 5" x 3" x ½"	18.7	348
Pork, fresh				
Chops and steaks				
Leg (ham)	4	Pc. 3½" x 3" x ½"	18.2	408
Loin	4	Chop ¾" th.	19.7	349
Shoulder	4	Pc. 4½" x 3½" x ¾"	16.1	464
Roasts				
Boston butt	4	Sl. 4½" x 3½" x ¾"	19.9	327
Loin	4	Sl. ¾" th.	19.7	349
Tenderloin	4	2 pc. 1" dia. x 3" lg.	23.9	172
Pork, cured				
Bacon, Canadian style				
Ham (boiled)	1	Sl. 2½" dia. x 3/16" th.	6.6	68
	2	Sl. 4¾" x 4" x ¾"	10.6	147
Veal				
Chops				
Loin	4	Chop ¾" th.	23.0	211
Rib	4	Chop ¾" th.	22.6	241
Roasts				
Leg	4	Sl. 4" x 2½" x ½"	22.9	223
Loin	4	Sl. 4" x 2½" x ½"	23.0	211
Rib	4	Sl. 4" x 2½" x ½"	22.6	241
Shoulder	4	Sl. 5" x 3" x ½"	23.3	202
Steaks				
Outlet (round)	4	Pc. 4" x 2½" x ½"	23.4	191
Shoulder	4	Pc. 5" x 3" x ½"	23.3	202
Sirloin	4	Pc. 4" x 2½" x ½"	23.0	211
Stew (breast)	4	4 pc. 2½" x 1" x 1"	22.0	271
Variety Meats				
Brains (beef)	4	2 pc. 2½" x 1½" x 1"	12.6	152
Heart (av.)	4	¾ ht. 3" dia. x 3½" lg.	19.7	157
Kidney (av.)	4	3 sl. 3¼" x 2½" x ¼"	20.0	161
Liver				
Beef	3	2 sl. 3" x 2½" x ¾"	17.7	119
Lamb	3	2 sl. 3½" x 2" x ¾"	18.9	118
Pork	3	2 sl. 3½" x 2" x ¾"	17.7	116
Veal	3	2 sl. 3" x 2½" x ¾"	17.1	122
Sweetbread				
Tongue	4	Pc. 4" x 3" x ¾"	18.2	216
	3	Sl. 3" x 2" x ¾"	15.7	191
Sausages and Cooked Specialties				
Bologna	1	Sl. 4½" dia. x ¾" th.	4.4	65
Frankfurter	2	2 5½" lg. x ¾" dia.	9.1	121
Liver sausage	1	Sl. 3" dia. x ¼" th.	5.0	77
Luncheon meat	1	Sl. 4" x 3½" x ¾"	4.6	81
Vienna sausage	1	2 pc. 2" lg. x ¾" dia.	5.8	76
POULTRY				
Chicken				
Liver	3	4 av.	19.9	122
Roast				
Breast	3	½ breast	21.0	110
Leg	2½	1 av.	14.7	88
Thigh	2½	1 av.	15.8	95
Wing	1	1 av.	7.0	37
Stewed				
Dark meat	3½	½ c. (diced)	23.1	139
Light meat	3	½ c. (diced)	20.3	106
Turkey				
Roast				
Dark meat	3½	Sl. 4" x 3" x ½"	23.2	177
Light meat	3½	Sl. 4" x 3" x ½"	24.5	139

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Cal- ories
FISH				
Bass	4	1 sm. fish	27.3	113
Clams	3½	5 med.	12.8	77
Cod	3½	Pc. 4" x 2¼" x ¾"	16.5	70
Crab, canned	3	¾ c.	16.1	94
Finnish haddock	3½	¾ c.	23.2	96
Flounder	3½	Pc. 4" x 3" x ¾"	19.0	79
Haddock	3½	Pc. 3½" x 3" x ¾"	17.2	72
Halibut	4	Pc. 4" x 3" x ½"	20.4	133
Herring, fresh	4	1 fish 7" lg.	22.8	163
Lobster				
Canned	3	½ c.	15.6	74
Fresh	2½	1 av.	12.2	63
Mackerel	2½	¾ fish 7" lg.	14.3	119
Oysters	3½	5 med.	6.0	50
Perch	4	2 fish 4½" lg.	23.4	102
Salmon				
Canned	3½	¾ c.	24.7	203
Fresh	3	Pc. 2½" x 2½" x ¾"	15.7	196
Shrimps, can'd	2	¾ c. or 12 pc. 1" dia.	10.7	49
Trout	3	Pc. 6" lg.	16.1	80
White fish	4	Pc. 3¼" x 3" x ½"	25.2	165
MILK AND DAIRY PRODUCTS				
Butter	½		.1	73
Cheese, cottage	2	¼ c.	9.6	51
Cream, coffee	½	1 T.	.4	29

HEIGHT, WEIGHT, AGE TABLE*

For Adolescents and Young Adults
(Ages 15-24 Years)

* Metropolitan Life Insurance Company statistics.

		MEN	
		Height	Weight
		Ft. In.	15-19 20-24
4	11	111	117
5	0	113	119
5	1	115	121
5	2	118	124
5	3	121	127
5	4	124	131
5	5	128	135
5	6	132	139
5	7	136	142
5	8	140	146
5	9	144	150
5	10	148	154
5	11	153	158
6	0	158	163
6	1	163	168
6	2	168	173
6	3	173	178

		WOMEN	
		Height	Weight
		Ft. In.	15-19 20-24
4	11	110	113
5	0	112	115
5	1	114	117
5	2	117	120
5	3	120	123
5	4	123	126
5	5	126	129
5	6	130	133
5	7	134	137
5	8	138	141
5	9	141	145
5	10	145	149
5	11	150	153
6	0	155	157

Protein Content and Caloric Value of Foods for Your Diet

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Cal- ories
Milk				
Buttermilk	7	1 gl.	7.0	72
Evaporated	4	½ c.	8.4	167
Skim	7	1 gl.	7.0	72
Whole	7	1 gl.	7.0	138
Eggs	1½	1 med.	6.4	79
POTATOES,				
White	2	1 small 2½" lg. x 2" dia.	1.2	51
VEGETABLES				
Artichokes	3½	½ lge.	2.9	63
Asparagus	3½	7 stalks 6" long	2.3	27
Beans, string	3½	½ c.	2.4	42
Beet greens	3½	½ c.	2.0	33
Beets	3½	½ c. or 2 1½" dia.	1.6	46
Broccoli	3½	2 stalks 5" lg.	3.3	37
Brussels sprts.	3½	½ c.	4.4	58
Cabbage	3½	1½ hd. 4½" dia.	1.4	29
Carrots	3½	2 carrots 5" lg.	1.2	45
Cauliflower	3½	½ c.	2.4	31
Celery	3½	½ c. 8½" lg. or 2 hts.	.2	3
Chard, Swiss	3½	1 c.	1.4	25
Chicory	1	10 sm. leaves	.4	7
Cucumbers	2	8 sl. ¾" th.	.7	17
Eggplant	2	Sl. 3½" dia. x ¾" th.	.8	11
Endive, French	2	2 stalks	.2	4
Green pepper	3½	¾ c. or pc. 4" x 1¼"	2.1	36
Kohlrabi	3½	¾ c. (diced)		

IDEAL WEIGHTS FOR ADULTS*

Ages 25 Years and Over

MEN

Height (With shoes)		Weight in Pounds (As Ordinarily Dressed)		
Ft.	In.	Small Frame	Medium Frame	Large Frame
5	2	116-125	124-133	131-142
5	3	119-128	127-136	133-144
5	4	122-132	130-140	137-149
5	5	126-136	134-144	141-153
5	6	129-139	137-147	145-157
5	7	133-143	141-151	149-162
5	8	136-147	145-156	153-166
5	9	140-151	149-160	157-170
5	10	144-155	153-164	161-175
5	11	148-159	157-168	165-180
6	0	152-164	161-173	169-185
6	1	157-169	166-178	174-190
6	2	163-175	171-184	179-196
6	3	168-180	176-189	184-202

WOMEN

Height (with shoes)		Weight in Pounds (As Ordinarily Dressed)		
Ft.	In.	Small Frame	Medium Frame	Large Frame
4	11	104-111	110-118	117-127
5	0	105-113	112-120	119-129
5	1	107-115	114-122	121-131
5	2	110-118	117-125	124-135
5	3	113-121	120-128	127-138
5	4	116-125	124-132	131-142
5	5	119-128	127-135	133-145
5	6	123-132	130-140	138-150
5	7	126-136	134-144	142-154
5	8	129-139	137-147	145-158
5	9	133-143	141-151	149-162
5	10	136-147	145-155	152-166

Food	Approx. Weight (Oz.)	Approximate Measure	Protein (Gm.)	Cal- ories
Lettuce				
Head	3½	¼ head 4" dia.	1.2	18
Leaf	1½	2 leaves	.2	3
Mushrooms	3½	5 caps 2¼" dia.	2.6	15
Okra	2	5 pods	1.0	21
Onions				
Dried	3	1 onion 2" dia.	1.2	42
Green	¾	3 med.	.2	7
Parsley	3½	2 sprigs	.1	1
Pumpkin	3½	½ c.	1.2	36
Radishes	1	3 radishes 1" dia.	.4	7
Rutabagas	3½	¼ c.	1.1	41
Sauerkraut	3½	¾ c.	1.1	18
Spinach	3½	¾ c.	2.3	25
Squash				
Summer	3½	½ c.	.6	19
Winter	3½	½ c.	1.5	44
Tomatoes				
Canned	3½	½ c.	1.2	25
Fresh	3½	1 tomato 2" dia.	1.0	23
Juice, canned	3½	½ c.	1.2	28
Turnip greens	3½	½ c.	2.9	37
Turnips				
White	3½	¾ c.	1.1	35
Yellow (see rutabagas)				
PICKLES				
Olives				
Green	1/6	1 med.	.1	7
Ripe	¾	1 lge.	.2	23
Pickles				
Dill	2	¼ pkle. 5" lg. x 1½" dia.	.3	7
Sweet	¾	1 pkle. 2½" lg. x ¾" dia.	.2	21

BREAD AND CEREAL PRODUCTS

Cereals				
Bran, whole	¾	½ c.	2.5	67
Cornflakes	¾	¾ c.	1.3	56
Farina				
enriched	¾	¼ c. (sc. 2 T. dry)	2.3	71
Oatmeal	¾	½ c. (¼ c. dry)	3.1	77
Rice				
Puffed	½	¾ c.	.7	36
White	1	¾ c. (2 T. dry)	2.3	105
Wheat				
Flakes	¾	¾ c.	2.4	74
Puffed	¾	¾ c.	1.2	37
Shredded	1	1 biscuit	2.9	103
Breads				
Rye	¾	Sl. 4" x 3½" x ½"	1.2	50
Wheat				
Melba toast	1/6	Sl. 3" x 2" x ¼"	.6	19
White, enchr	¾	1 sl. (com'l) thin	1.6	50
Whole wheat	¾	1 sl. (com'l) thin	1.8	50
Crackers				
Graham	½	1 cracker 3" sq.	1.0	54
Saltine	½	1 cracker 2" sq.	.4	17
Soda	1/5	1 cracker 2¾" x 2¾"	.6	25
Zwieback	¾	1 pc. 3¼" x 1¼" x ½"	.9	33
BEVERAGES				
Carbonated	6	1 small bottle		82
Coffee, black			0	0
Tea, plain			0	0

FRUITS

Apples	3½	1 apple 2½" dia.	.3	65
Apricots	1	1 med.	.4	20
Blackberries	3½	¾ c.	1.2	62
Blueberries	3½	¾ c.	.6	68
Cantaloupe	4	¼ melon 5" dia.	.8	29
Cherries, sweet	3½	15 cherries ½" dia.	1.2	87
Grapefruit	3½	½ med. 3½" dia.	.5	44
Grapes				
Concord	3½	34 av.	1.4	78
Green s'dless	3½	40 sm.	.8	74
Malaga or Tokay	3½	21 av.	.8	74
Honeydew melon	4	1½" sl. 7" melon	.9	48
Oranges	3½	¾ orange 4" dia.	.9	32
Peaches	3½	1 med.	.5	51
Pears	3½	1 sm.	.7	70
Pineapple	3½	1 sl. 4" dia. x ¾" th.	.4	58
Plums	2½	1 plum 1½" dia.	.5	39
Raspberries	3	¾ c.	1.1	64
Strawberries	3½	10 strawberries 1" dia.	.8	41
Watermelon	5	½ sl. 6" dia. x ¾" th.	.8	51
FRUIT JUICES				
Grapefruit, can'd	4	¾ c.	.6	49
Orange	4	¾ c.	.7	66
Pineapple, can'd	4	¾ c.	.4	65
Tomato (see vegetables)				

Your Spot Removal Guide

SOME GENERAL SPOT REMOVAL POINTERS

① Take spots out promptly. Many spots set with age. ② When ever possible, determine what made the spot. When you don't know, sponge first with cold water, then with **ENERGINE** Fire-proof Cleaning Fluid. ③ Choose your cleansing agent according to the fabric and what made the spot. ④ Always remove spots before pressing a garment. Heat sets many stains, drives grease, and dirt deeper into the fabric. ⑤ In removing a spot, don't rub too hard or too long. To do so may cause a white or worn looking place.

THE SPOT	Use These Steps On Nonwashable Fabrics	Use These Steps On Washable Fabrics
Any unknown spot	(2) (1)	(2) (4)
Adhesive tape	(1)	(1)
Blood	(2)	Soak in cold water; (4)
Chewing gum	(1) (6)	(1) (6) (4)
Coffee, tea	(2) (8) (1) if any grease from cream	(9) (4) (10)
Chocolate, cocoa	(1) (5)	(4) (10)
Egg	(2) (1)	(2)
Ice cream, milk	(1) (2) (5)	(2) (4)
Fruit	(2) (8)	(9) (10)
Grease from foods	(1)	(4)
Grease, heavy or dirty (automobile, bicycle, etc.)	(3) (1)	(3) (4)
Meat juice, gravy	(2) (1)	(2) (4)
Lipstick*	(3) (1) (6) (7)	(3) (4) (10)
Nail polish*	(11) (10)	(11) (10)
Paint (if fresh)*	(12)	(12) (4)
Salad dressings	(2) (1)	(4)
Soft drinks (if fresh; some almost unremovable if set by age, heat or soap)	(2) (8)	(2) (8) (10)

*Stains practically impossible to remove include dried paint, lipstick unless the fabric will stand soap, water and hard rubbing, and, on some but not all fabrics, nail polish.

Your Spot Removal Guide

THE STEPS

These are the steps referred to in the chart. When more than one step is listed, use them consecutively. When you sponge with water, then **ENERGINE Fireproof Cleaning Fluid** — or the other way around — let the fabric dry in between the two steps. You won't need to carry out all the steps listed after every spot unless it proves stubborn.

- Step 1. Sponge with **ENERGINE Fireproof Cleaning Fluid**.
- Step 2. Sponge with cold or lukewarm, not hot, water. Use cold water on soft drink, egg, blood, ice cream, and meat juice stains.
- Step 3. Rub in petroleum jelly to soften the stain.
- Step 4. Wash in warm water with a synthetic detergent or soap.
- Step 5. Moisten spot with cold or lukewarm water. Rub in some pepsin powder and allow to remain for half an hour. Sponge with water.
- Step 6. Soak for a short while in a bowl of **ENERGINE Fireproof Cleaning Fluid**.
- Step 7. If color remains, sponge with denatured alcohol. On acetate and colored materials use a mixture of 1 part alcohol, 2 parts water.
- Step 8. Apply glycerine and rub lightly between hands. Let stand half an hour. Sponge with lukewarm water. For fruit stains, allow the glycerine to remain for several hours.
- Step 9. Place stained part of article over bowl. Fasten with string. Pour boiling water on stain from height of 2 or 3 feet.
- Step 10. Sponge with hydrogen peroxide to which sodium perborate has been added (1 teaspoon per pint). Rinse well. Don't use on colored material without testing colorfastness of hidden part of garment.
- Step 11. Sponge with nail polish remover unless the fabric is acetate. Do not use nail polish remover on acetate. It may cause a hole.
- Step 12. Sponge with turpentine.

HOW TO USE CLEANING FLUID

- 1—If the colorfastness of the garment is doubtful, test a hidden part, such as an inside seam, with the cleaning fluid. **ENERGINE Fireproof Cleaning Fluid** will not injure the color of any colorfast material.
- 2—Brush fabric to remove loose soil.
- 3—Place an absorbent cloth or clean white blotter under the spot.
- 4—Moisten a clean cloth, dark if the garment is dark, with cleaning fluid.
- 5—With quick, light strokes brush the moistened cloth over the spot, covering a larger area than the spot. "Feather out" the cleaning fluid so there is no definite edge. Rub lightly until there is no clear line between the spot and the area around it. Change the cleaning cloth and pad under the spot if they become soiled.
- 6—If the spot has not come out, repeat the process. It is better to apply cleaning fluid sparingly several times than to saturate a spot with it.

WHAT CAUSES RINGS

Here is what causes rings:

- 1—The garment is soiled all over. Removing the spot leaves a conspicuous clean area.
- 2—Wrong cleaning methods. For example, failing to "feather out" the cleaning fluid so there is no definite edge or saturating the spot with cleaning fluid.
- 3—The fabric water spots because it contains sizing. With a spot made by a substance which contains both water and grease, the cleaning fluid removes the grease but not the water ring. Water rings occur most often on silk and rayon. To remove water rings rub the material against itself, then with a coin or your fingernail rub the ring lightly. If it still remains, hold the spot above the spout of a steaming tea kettle.

SAVE YOUR CLOTHES. Clothes moths regard many stains as delicacies. Keeping spots removed helps to discourage them from lunching on your favorite skirt or sweater.

MAXIMUM STORAGE TIME FOR FROZEN MEATS

Product

Recommended Maximum Storage Time
at 0°F. or lower

Beef
Fresh Pork and Veal
Lamb
Ground Beef
Variety Meats
(Liver, Heart, Tongue, etc.)
Smoked Hams, Picnics and Slab Bacon
(Whole, Halves or Quarters)
Other Cured and Smoked Meats
Sliced Bacon
Bologna, Frankfurters or Wieners
Fresh Pork Sausage
Poultry
Giblets
Chicken
Turkey

6-8 months

3-4 months

6-7 months

3-4 months

3-4 months

Not to exceed 60 days

Not to exceed 60 days

Not recommended for freezing

Not recommended for freezing

Not recommended for freezing

4 months

5-12 months

6-12 months



HOW TO WRAP MEAT FOR FREEZING

● For short periods in the freezer (no longer than one to two weeks), prepackaged self-service meats may be frozen in the original store package (film and board or tray). Make sure, though, that there are no breaks in the package.

● For longer periods in the freezer, use special freezer wrapping materials. Either of the following methods of wrapping is recommended:

A single moisture-vapor-proof sheet or bag which may be tied, taped, heat-sealed, or folded. This single sheet should be strong enough to resist puncturing and tearing.

Or a double wrap consisting of:

- An inner wrap of moisture-vapor-proof paper, cellophane, polyfilm, aluminum foil, or other special freezer storage types of packaging materials available on the market. (Ordinary waxed paper is not moisture-vapor-proof and therefore is not satisfactory.)
- An outer wrap of special packaging material or heavy wrapping paper. If an outer wrap of high heat insulating value is used (several thicknesses of wrapping paper, for example), the meat should be inner wrapped and frozen before the outer wrap is applied.

● Meats wrapped in ordinary market paper should be unwrapped and then rewrapped for freezing as outlined here.

● A satisfactory method of making a package for freezing is as follows:

- Use enough paper so the edges may be folded down at least three times.
- Place the meat in the center of the paper.
- Separate individual servings (such as steaks, chops, or ground meat patties) with sheets of freezer paper so they will come apart easily before cooking.
- Bring two edges of paper together above the meat and fold down in 1/2-inch to 1-inch folds until the paper is tight against the meat.
- Press the wrap closely to the meat to force out air.
- Seal edges carefully with freezer tape, or fold over ends at least twice and tie securely.

● Mark each frozen meat package to show contents, number of servings and date of freezing.



Freezing Prepared Foods

PACKAGING MATERIALS

Materials used for packaging foods for freezing should keep the air out and the moisture in so select containers that are moisture—vapor resistant or the food will dry out.

Waxed papers, household aluminum foil, and cartons for cottage cheese and ice cream are *not suitable*, because they are *not* moisture-vapor-resistant.

Select a *size* that will hold enough vegetable or fruit for a meal for your family.

Select containers that pack easily into a little space.

Consider cost of containers and if they are reusable, or not. If they are reuseable, a high initial cost may be justified.

Rigid containers are made of aluminum, glass, plastic, tin or heavily waxed cardboard. They can be used for vegetables, fruits, cooked foods or liquids.

Non-Rigid containers—as sheets and bags of cellophane, heavy aluminum foil, plastic film, polyethylene, or laminated paper are used for foods that are firm but irregularly shaped, like poultry, meat, and baked goods.

Bags are generally used inside cartons as moisture resistant liners.

There is no economy in using poor quality packaging materials.

Fill packages carefully, allowing for the necessary head space for the particular kind of food.

Force or draw out as much air as possible, seal tightly, label, freeze immediately, and store at 0° F or lower.

Foods should be frozen in amounts which will ordinarily be eaten in one meal. To treat light colored fruits to prevent darkening, use ascorbic acid. When freezing fruit in sugar syrup, add ½ teaspoon ascorbic acid for each quart syrup. When freezing fruit in dry sugar, sprinkle ascorbic acid dissolved in water over fruit before adding sugar. Use ¼ teaspoon ascorbic acid in ¼ cup cold water to each quart of fruit.

Freezing Prepared Foods May Not Save Time. It May Allow Time To Be Used To Better Advantage.

GENERAL INFORMATION

Prepare the dish as if it were to be served right away, but do not cook quite done. Reheating for serving will finish the cooking.

Cheese or crumb toppings are best added when the food is reheated for serving.

Pastry crumbs frozen unbaked are more tender, and flaky, and have a fresher flavor than those baked and then frozen.

Cool the cooked food quickly. Pour out in shallow pans or place the uncovered pan of food in iced or very cold water; change water to keep it cold.

As soon as the food is cool—60° F or less, pack promptly into moisture-vapor-resistant containers or packaging material. Pack tightly to force out as much air as possible.

To have the food in desired amounts for serving and for quicker defrosting, separate servings with 2 pieces freezer paper.

Since many main dishes are semi-liquid it is desirable to pack them in rigid containers. Foods frozen in containers with wide-mouthed openings do not have to be thawed completely to remove from container.

Some main dishes may be frozen in the containers in which they were baked.

Freezer weight foil (.0015 gauge) may be used to line the baking dish or pan. After the main dish is frozen (unwrapped) in this container, remove from the baking dish and package. The food may be reheated by slipping it and the foil into the baking pan.

Allow head space for freezing liquid and semi-liquid foods. Seal; label; freeze quickly and store at 0° F or lower.

Most precooked, frozen, main dishes are reheated, either in the oven or on top of the range. Reheating in the oven takes little attention and usually preserves the texture of the food better. Reheating on top of the range in a double boiler or a saucepan is faster. When using a double boiler, start with warm, not hot, water in the lower pan so the food won't stick. Food reheated over direct heat needs to be stirred. This stirring may give a less desirable texture.

If partial thawing is necessary, before the food can be removed from the package, place in luke warm water for a few minutes. Complete thawing should be done in the refrigerator. If it takes more than 3 or 4 hours, thawing at room temperature may cause dangerous spoilage.

It is best to freeze meat pies and turnovers unbaked.

You can use any good meat loaf recipe for freezing. Just make enough for several meals instead of one and freeze the extra loaves.

Nuts are likely to discolor and become bitter when frozen in a salad mixture.

If You Have Cake Troubles---

Heavy cakes are sometimes caused by too slow an oven, or by the use of too much sugar or shortening.

Coarse-grained cakes are the result of too much leavening ingredients, too slow an oven, insufficient creaming of shortening and sugar or insufficient beating of batter before addition of egg whites.

Large holed angel cakes are occasioned by insufficient blending of egg whites with the other ingredients. Too little sugar or too fast an oven might produce the same effect.

When a cake "falls" it is occasioned by an insufficient quantity of flour or rising ingredients, by excess temperature or from moving it in the oven after the cake has risen and before the cell walls have become fixed or firm by the heat.

A cake is breadly and solid when too much flour has been used.

When too much heat is used a cake presents an uneven surface, crusts over the top before the mixture has risen to its full height and bursts at its weakest place which is usually the top.

A heavy streak at the bottom of a loaf cake is usually caused by using too many egg yolks in proportion to other ingredients, or by baking the cake in too slow an oven.

CAN SIZES

Size	Product	Cups	Servings (Approx.)
No. 2	Fruits, vegetables, juices	2 1/2	4 to 6
No. 2 1/2	Fruits, vegetables	3 1/2	6 to 8
46 oz.	Juices	5 3/4	6 to 8
No. 10	Fruits, vegetables, juices	13	18 to 25

MEASURES FOR COOKED AND UNCOOKED FOODS

Food	Weight Unit	Uncooked Measure	Approx. Measure Cooked
Beans, dried			
Lima	1 lb.	3 cups	7 cups
Navy	1 lb.	2 cups	6 cups
Red kidney	1 lb.	2 2/3 cups	6 1/2 cups
Fruit, dried			
Apricots	1 lb.	3 cups	4 1/2 to 5 cups
Figs	1 lb.	50 to 60	2 2/3 to 3 cups
Prunes	1 lb.	40 to 50	3 to 4 cups
Raisins or currants	1 lb.	3 cups	4 cups
Macaroni products			
Macaroni	1 lb.	3 to 4 cups	8 to 10 cups
Noodles	8 ozs.	2 1/2 cups	5 cups
Spaghetti	8 ozs.	2 1/2 cups	5 cups
Cereals			
Rice	1 lb.	2 cups	6 cups
Rolled oats	8 ozs.	5 1/2 cups	2 3/4 qts.
Rolled oats (quick)	1 lb.	4 cups	8 cups
Nuts			
Peanuts	1 lb.	2 cups meats	
Pecans	1 lb.	2 1/4 cups meats	
Walnuts	1 lb.	2 cups meats	

Finding the Date for Easter

Easter is always the first Sunday after the first full moon after the vernal equinox.

The vernal equinox is the first day of Spring and usually falls on March 20, 21 or 22. It is the day when the sun is moving north and its rays fall vertically on the equator.

So Easter is the first Sunday after the first full moon after the first day of Spring. It may be as early as two days after the vernal equinox if (1) the date of a full moon is the first day after the vernal equinox and (2) the second day is Sunday. It may be as early as March 22nd or as late as April 25th.

The date was decided upon because the early Pilgrims needed the moonlight to help them in their travels to the great Easter events of the time.

Lent begins on Ash Wednesday, which is 40 days, not counting Sundays, before Easter Sunday.



EASTER DATES

1961	April	2	1966	April	10
1962	April	22	1967	March	26
1963	April	14	1968	April	14
1964	March	29	1969	April	6
1965	April	18	1970	March	29

PERPETUAL CALENDAR

Showing the Day of the Week for Any Date between 1700 and 2499

Table of Dominical Letters								Month					Dominical Letter						
Year of the Century		Centuries				January, October Feb., Mar., Nov. Jan., Apr., July May June February, August Sept., Dec.					A	B	C	D	E	F	G		
		1700, 2100	1800, 2200	1900, 2300	2000, 2400						D	E	F	G	A	B	C		
*Denote Leap-Years																			
0	*28	*56	*84	C	E	G	F	E	A	G	F	E	A	G	F	E	A		
1	29	57	85	B	A	D	C	B	A	H	G	F	E	D	C	B	A		
2	30	58	86	A	D	C	B	A	G	F	E	D	C	B	A	H	G		
3	31	59	87	G	C	B	A	H	G	F	E	D	C	B	A	H	G		
*4	*32	*60	*88	E	G	F	E	D	C	B	A	H	G	F	E	D	C		
5	33	61	89	D	F	E	D	C	B	A	H	G	F	E	D	C	B		
6	34	62	90	C	F	E	D	C	B	A	H	G	F	E	D	C	B		
7	35	63	91	B	D	C	B	A	H	G	F	E	D	C	B	A	H		
*8	*36	*64	*92	G	F	E	D	C	B	A	H	G	F	E	D	C	B		
9	37	65	93	F	E	D	C	B	A	H	G	F	E	D	C	B	A		
10	38	66	94	E	D	C	B	A	H	G	F	E	D	C	B	A	H		
11	39	67	95	D	C	B	A	H	G	F	E	D	C	B	A	H	G		
*12	*40	*68	*96	B	D	C	B	A	H	G	F	E	D	C	B	A	H		
13	41	69	97	A	C	B	A	H	G	F	E	D	C	B	A	H	G		
14	42	70	98	G	F	E	D	C	B	A	H	G	F	E	D	C	B		
15	43	71	99	F	E	D	C	B	A	H	G	F	E	D	C	B	A		
*16	*44	*72		D	F	A	C	B	A	H	G	F	E	D	C	B	A		
17	45	73		C	E	A	G	F	E	D	C	B	A	H	G	F	E		
18	46	74		B	A	H	G	F	E	D	C	B	A	H	G	F	E		
19	47	75		A	C	B	A	H	G	F	E	D	C	B	A	H	G		
*20	*48	*76		F	A	C	B	A	H	G	F	E	D	C	B	A	H		
21	49	77		E	G	F	E	D	C	B	A	H	G	F	E	D	C		
22	50	78		D	F	A	C	B	A	H	G	F	E	D	C	B	A		
23	51	79		C	E	A	G	F	E	D	C	B	A	H	G	F	E		
*24	*52	*80		A	C	B	A	H	G	F	E	D	C	B	A	H	G		
25	53	81		G	F	E	D	C	B	A	H	G	F	E	D	C	B		
26	54	82		F	E	D	C	B	A	H	G	F	E	D	C	B	A		
27	55	83		E	D	C	B	A	H	G	F	E	D	C	B	A	H		

EXPLANATION

Find first the *Year of the Century* and in line with that figure at the right, in the proper column under the heading *Centuries*, will be found the Dominical Letter of the year. Then in the table headed *Dominical Letter* and in line with the proper *Month* find the letter previously determined. Run down this column until you are in line with the proper Day of the Month and at the intersection you will find the Day of the Week.

In Leap-Years the Dominical Letters for January and February will be found in the lines where these months are printed in *italics*.

EXAMPLES

On what day of the week did January 5, 1891, fall? For 1891 the Dominical Letter is "D." After finding this letter opposite January in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find Monday. For January 1, 1876, the Dominical Letter is "A." Under "A," and in line with 1 is Saturday.

EXPLANATION

Find first the *Year of the Century* and in line with that figure at the right, in the proper column under the heading *Centuries*, will be found the Dominical Letter of the year. Then in the table headed *Dominical Letter* and in line with the proper *Month* find the letter previously determined. Run down this column until you are in line with the proper *Day of the Month* and at the intersection you will find the *Day of the Week*.

In Leap-Years the Dominical Letters for January and February will be found in the lines where these months are printed in *italics*.

EXAMPLES

On what day of the week did January 5, 1891, fall? For 1891 the Dominical Letter is "D." After finding this letter opposite January in the upper right hand table, and running down that column until you are opposite 5 (the day of the month), you will find Monday. For January 1, 1876, the Dominical Letter is "A." Under "A," and in line with 1 is Saturday.

Quick-Blooming Color With ANNUALS

(One-season flowers)



Planting Chart for Annuals

Name	Height inches	Germ. days outdoors	Plants apart inches	Sow in frame month	Sow outdoors month	Set out plants month
Ageratum	6-24	8-12	6-10	3	5	5
Allysum, Sweet	4-8	12	12	4	4	5-6
Aster, China	12-36	8-10	12-18	4	5	5-6
Calif. Poppy	12	5-10	6-8	3	3-11	4-5
Calendula	12-18	10-12	12	3	3-4	4-5
Calliopis	6-36	10-12	6-12	3	4-11	5
Candytuft	6-12	5-8	4-8	3	4-11	5
Canterbury Bell (An.)	24-30	12-15	18	2-3	4	5
Celosia (Coccomb)	8-24	20-25	12-24	4	5	5
Centaurea (Ragged Robin)	24	5-20	6-10	3	3-11	5
Chrysanthemum (An.)	24	6-8	12	3-4	5	5
Clarkia	24	8-10	10	3	4	5
Cosmos	36-60	5-15	24-30	3-4	4	5
Flax (Annual)	24	15	6-10	3	4	5
Four O'Clock	24	12-15	18-24	4	5	5
Galliardia	12-18	12-15	12	3	4	5
Larkspur	24-36	15-20	10-12	3	3-11	5
Lupine	24-36	25-30	12	3	5	5
Marigold	10-60	5-8	12-30	3-4	4-5	5
Nicotiana	24-36	20-25	12	3	5	5
Phlox	6-12	18-20	10-18	3	4-5	5
Phlox Drummondii	10-15	20-25	8-10	3	4-5	5
Pinks (Annual)	12	5-8	12	2-3	4	5
Portulaca	2-3	18-20	6	3	4-5	5
Salpiglossis	24-30	15-20	12	3	5	5
Scabiosa	24-36	18-20	10	3	4-5	5
Snapdragon	10-36	20-25	12-18	3-4	3-11	4-5
Sweet Pea	36-72	15-20	6-10	3	4-11	5
Verbena	8-12	8-10	12-15	3	4	5
Zinnia	12-36	5-8	12-24	3-4	5	5



Name	Seeds or plants per 100-ft. row	PLANTING DISTANCES		Depth of planting seed in inches	Ready for use after planting (days)	Yield per 100-ft. row
		Rows apart in inches	Plants apart in inches			
Beans, Bush	1 lb.	18-24	4-6	1/2-2	45-65	50 lbs.
Beans, Lima	1/2 lb.	24	6-10	1/2-2	60-75	60-75 lbs.
Beans, Pole Snap	1/2 lb.	36-48	36-48	1/2-2	45-75	50-75 lbs.
Beets	2 oz.	12-18	3	1/2-1	50-80	100 lbs.
Broccoli	1/2 oz., 50 pl.	24-30	18-24	1/4-1/2	80-120	50 lbs.
Brussels Sprouts	1/4 oz., 50 pl.	24-30	18-24	1/4-1/2	95-120	30 qts.
Cabbage, Early	1 pkt., 75 pl.	24-30	15-18	1/2	50-65	100 lbs.
Carrots	1/2-1 oz.	12-18	3	1/4-1/2	55-100	100 lbs.
Cauliflower	1 pkt., 45 pl.	24-30	18-24	1/2	55-70	45 heads
Chard, Swiss	1 oz.	18-24	8-12	1/2-1	50-90	100 lbs.
Corn, Sweet	4 oz.	24-36	12-18	1/2	60-90	100 ears
Egg Plant	1 pkt., 50 pl.	24-30	24-30	1/4-1/2	80-90	125 fruit
Endive	1 oz.	18-24	12-18	1/2-1	90-120	50 lbs.
Lettuce, Leaf	1/2 oz.	12-18	6-12	1/4	40-60	50 lbs.
Onion Plants	300	15-18	3-4	2-3	75-100	100 lbs.
Peas	1/2 lb.	18-36	1-3	2-3	50-125	40 lbs.
Peppers	1/4 oz., 50-75 pl.	18-24	15-24	1/2	70-140	120 pep.
Radishes	1 oz.	12-18	1	1/4-1	25-50	1200 rad.
Spinach	1 oz.	15-24	2-6	1/4-1	40-70	50 lbs.
Tomatoes	1 pkt., 25-50 pl.	24-48	24-48	1/2	50-100	200 lbs.

When and Where to Plant — Give vegetables a fertile soil where drainage is good and that receives six full hours of sun per day. Before you plant, check a zoning map — for the last killing frost in your locality. Then start your vegetable garden one or two weeks later.

How to Plant — Draw a line with a stick for trenches or use a hoe for deeper trenches. Rows should run north and south, so both sides get an equal amount of sunlight.

After sowing, draw the soil back into the trench to cover the seed and tamp it with the flat side of the rake.

Watering — During summer months, irrigation of your home vegetable garden greatly increases yields. Soak once or twice a week.



Planting Chart For Bulbs and Bulbous Plants

Name	Height inches	Color	Bloom Period Months	Planting Time, Depth and Space (inches)	Habits	Time to Divide
Amaryllis	24	Various	6-7	Spring, 4 deep 12 apart	Sun. Tender. Good, sandy soil	Dig and store over winter
Begonia, Tuberous	12-15	Various	6-10	May, Shallow 12 apart	Tender. Shade. Sandy, moist soil	Dig and store over winter
Canna	36-60	Various	7-10	May, 4-5 deep 18-24 apart	Tender Sunny. Near pool	Dig, store over winter. Divide spring
Crocus	6-10	Various	3-4	Fall, 3 deep 3-4 apart	Hardy. In grass or along edges	Seldom
Dahlia	48-60	Various	7-10	Spring, 6-8 deep 36-48 apart	Tender. Sun. Rich soil	Store after frost. Divide in spring
Gladious	30-40	Various	7-10	Spring, 6-8 deep 3-6 apart	Sun. Make successive plantings	Dig and store after frost
Hyacinth	10	Various	3-4	Fall, 6-8 deep 6-8 apart	Sun. In beds. Rich soil	Leave undisturbed
Lily, Canada	36-40	Yel-Orange	6-7	Fall, 5 deep 12-15 apart	Sun. Damp. Peat or leaf mold	Leave undisturbed
Lily, Madonna	36-60	White	6-7	Fall, 3 deep 12 apart	Sun. Lime Soil. Plant in sand	Leave undisturbed
Lily, Elegans	18-24	Various	6-7	Fall, 4-8 deep 6-12 apart	Sun. Shade. Lime. Light soil	Leave undisturbed
Lily, Henryi	48-66	Orange-Yel	7-9	Fall, 10 deep 12-24 apart	Sun. Shade. Any soil. Lime. Hardy	Leave undisturbed
Lily, Regal	36-72	White	7	Fall, Spr. 6-9 deep, 10-15 apart	Sun. Rich loam	Leave undisturbed
Lily, Turkcap	36-120	Various	7-8	Fall, 5-8 deep 12-24 apart	Sun. Lt. shade. Moist peaty, acid soil	Leave undisturbed
Lily, Tiger	36-72	Orange-red	8-9	Fall, 6-9 deep 12-24 apart	Sun. Lt. shade. Grow anywhere	Leave undisturbed
Lily, Candlestick	24-30	Orange-red	6-7	Fall, 6-8 deep 12 apart	Sun. Lime. Easy to grow	Leave undisturbed
Hardy Amaryllis	24-30	Lilac-pink	8	Fall, 4 deep 10-15 apart	Sun. Lt. shade, any Good Soil	Leave undisturbed
Montbretia	24-36	Various	7-10	Spring, 3-4 deep 3-6 apart	Shade or Sun. Rich soil	Store in North. Leave undisturbed in South
Narcissus	12-18	Various	3-5	Fall, 5 deep 6-12 apart	Sun. Semi-shade. Any soil	Leave undisturbed unless crowded
Tulip	10-32	Various	4-6	Fall, 4 deep 4-8 apart	Sun. best. Rich soil	Annually or 2-3 years

Perennial Planting Chart

Name	Height inches	Color	Bloom Period Months	Propagation	Planting Time	Time to Divide
Alyssum	10-12	Yellow	4-5	Seed	Spring	Does not divide
Anemone	24-36	Various	9-11	Division, Cutting	Spring	When plants crowded
Aster, Hardy	24-60	Various	8-9	Division	Spr., Fall	1-3 yrs.
Bell Flower	36	Various	6	Seed	Fall, Spr.	Does not divide
Blazing Star	48-60	Purple	7-8	Division	Spr., Fall	When crowded
Chinese Bellflower	12-46	Various	7-9	Seed	Spring	Does not divide
Chrysanthemum, hardy	18-30	Various	8-11	Division	Spring	Divide every year to single shoots
Chrysanthemum, maximum	24	White	6-7	Seed, Divis.	Spr., Fall	1-2 yrs.
Columbine	12-24	Various	5-6	Seed	Spring	Does not divide readily
Cereopsis	24-36	Yellow	6-9	Seed	Spr., Fall	Easier to grow from seed
Delphinium	48-72	Various	6	Seed, Divis.	Spr., Fall	When crowded, Easier from seed
Digitalis, Giant Shirley	60	Various	6-7	Seed	Spring	Does not divide
Day Lily	24-48	Various	5-10	Division	Spr., Fall	Most kinds seldom divide
Foxglove	24-36	Yellow	6-8	Seed, Divis.	Fall, Spr.	When crowded
Iceland Poppy	8-12	Various	4-9	Seed	Spring	Does not divide
Iris, Tall Bearded	24-40	Many	5-6	Division	Midsummer	3-5 yrs., when crowded
Lavender	12-18	Blue	6-8	Seed, Divis.	Spring	Seldom or never
Oriental Poppy	24-36	Various	5-6	Seed, Divis.	Late Summer	Seldom, unless crowded
Pinks	12	Various	5	Seed, Divis., Cutting	Fall, Spr.	Best grown from seed
Peony	36-48	Various	5-6	Division	Fall	Seldom, unless crowded
Phlox, Border	36	Many	7-8	Division	Spr., Fall	Every 3 yrs.
Phlox, Dwarf	6	Various	5-6	Division	Spr., Fall	Every 3 yrs.
Primrose	8-10	Various	4-5	Seed, Divis.	Spr., Fall	When crowded
Scabiosa	18-30	Blue	6-9	Seed	Spr., Fall	Does not divide
Stoke's Aster	12	Blue	6-7	Seed, Divis.	Spring	Seldom, hard to divide
Sweet William	12-24	Many	5	Seed	Fall, Spr.	Best from seed
Thrift	4-8	Red	5-6	Division	Spr., Fall	When crowded
Viola	4-6	Various	4-11	Seed	Spr., Fall	Better from seed

courtesy Ortho Products

	HOW SPREAD	PREVENTION	Length of Time from Exposure to Onset	SYMPTOMS	How Long Communicable
WHOOPING COUGH	Direct contact with infected person by droplet infection or by contact with items freshly soiled by discharge.	Children less than 5 should be vaccinated. Where risk is great, immunize babies by the time they are 2 months old; other children, by 6 months of age. Reinforcing doses may be advisable within a year, and at 2 and 3 years of age.	Commonly 7 to 21 days, usually within 10 days.	Typical "whooping" cough, developing from ordinary cough. Cough may last from 1 to 2 months; suspect any cough when disease is in neighborhood.	For 3 weeks from onset of "whooping" or 5 weeks from onset of first symptoms.
CHICKEN POX	From person to person. Indirectly through articles freshly soiled by discharge from skin and mucous membrane of infected persons.	No immunization. Avoid exposure; 1 attack usually gives immunity.	2 to 3 weeks. Commonly 14 to 16 days.	Small reddish pimples, blisters, usually more on covered than on exposed body parts, which become itchy; slight fever.	At least 7 days and until all pimples are dry; highly communicable in the early stages.
EPIDEMIC MENINGITIS	Contact with nose and throat discharges of patients or carriers.	No immunization. Avoid contact, droplet infection and over-crowding. Stress personal cleanliness.	2 to 10 days. Usually 7.	Usually sudden onset; fever, intense headache, nausea, vomiting, rash occasionally; dizziness, delirium and coma may appear early.	Until 14 days after onset or until laboratory tests prove germs have disappeared from nose and throat.
SCARLET FEVER	Contact with nose, throat or ear discharge of infected person; carriers; contaminated milk or food.	No immunization. Pasteurization of milk. Avoid contact with ill persons.	1 to 5 days.	Sore, inflamed throat; strawberry tongue, fever, nausea and vomiting; later a rash, usually beginning on neck and chest.	Variable. 10 days in uncomplicated cases.
DIPHTHERIA	Contact with discharges from nose, throat or other infected membrane; by carriers; milk may carry disease germs.	All children should be immunized, beginning in infancy, with periodic booster doses. Adults exposed to infection should be given a Schick test to determine susceptibility before immunization; second attacks possible.	2 to 5 days, sometimes longer.	Inflammation of the tonsils, throat and nose with greyish white patches; fever.	Until germs disappear — as shown by laboratory tests of nose and throat.
INFANTILE PARALYSIS (Poliomyelitis)	Contact with nose, throat and bowel discharge of infected persons or healthy carriers of the virus.	No positive immunization available. Gamma globulin, a blood product, is found to be temporarily effective in preventing paralysis.	Usually 7 to 14 days. (May be 3 to 35 days.)	Majority of cases not recognized; fever, headache, drowsiness, stiff neck and back, irritability.	Variable. For 7 days from date of onset or duration of fever if longer.
MEASLES	Easily spread. Directly from person to person; contact with discharges of nose and throat; through articles freshly soiled with infected secretions.	Recognition of symptoms and reporting to doctor. Immunization of children less than 3 years old with immune globulin (preferably gamma globulin) after they have been exposed.	About 10 days from date of exposure to onset of fever; 13-15 days to appearance of rash; uncommonly longer or shorter; as long as 21 days if immune serum has been given.	Fever; symptoms of cold in eyes, nose and throat; early eruption in the mouth followed by rash, peeling of skin in convalescence.	During the period or runny eyes and nose, usually about 9 days (from 4 days before to 5 days after the rash appears).

FIRST AID IN HOUSEHOLD EMERGENCIES

(by the American Red Cross)

POISONING: When a poison has been taken internally, start first aid at once. Call doctor immediately.

- Dilute poison with large amounts of liquids — milk, salt water, or baking soda and water solution.
- Wash out by inducing vomiting.
- Repeat several times, then give dose of epsom salts (1 heaping tablespoon in glass of water).
- For acid poisons do not induce vomiting, but neutralize with baking soda, lime water or milk of magnesia. Then give milk, olive oil or egg white. Keep victim warm and lying down.
- For alkali poisons such as lye or ammonia, do not induce vomiting. Give lemon juice or vinegar. Then give milk and keep victim warm and lying down.
- If poison is a sleeping drug, induce vomiting and then give strong black coffee frequently. Victim must be kept awake.
- If breathing stops, give artificial respiration.

SHOCK: Shock is brought on by a sudden or severe physical injury or emotional disturbance. In shock, the balance between the nervous system and the blood vessels is upset. The result is faintness, nausea, and a pale and clammy skin. Call doctor immediately. If not treated the victim may become unconscious and eventually lapse into a coma.

- Keep victim lying down.
- Don't give fluids unless delayed in getting to doctor, then give only water. (Hot tea, coffee, milk or broth may be tried if water is not tolerated.)
- Never give liquid to an unconscious person.
- Cover victim both under and around his body.
- Do not permit victim to become abnormally hot.
- Reassure victim and avoid letting him see other victims, or his own injury.

FRACTURES: Pain, deformity or swelling of injured part usually means a fracture. If fracture is suspected, don't move person unless absolutely necessary, and then only if the suspected area is splinted. Give small amounts of lukewarm fluids and treat for shock.

BURNS: When skin isn't broken, apply petroleum jelly or burn ointment to area and bandage snugly with sterile gauze or gauze soaked



in a solution of baking soda (3 tbsp. to qt of water). If burn is deep or covers much of the body, apply sterile gauze or clean cloth with baking soda solution or dry dressing. (Never use grease or ointment). Call doctor and keep victim warm (not hot) and lying down with head covered; avoid exposure to cold.

- If burn case must be transported any distance, cover burns with clean cloth.
- Don't dress extensive facial burns. (It may hinder early plastic surgery.)

WOUNDS: Minor cuts: apply pressure with sterile gauze until bleeding stops. Use antiseptic recommended by your doctor. Bandage with sterile gauze. See your doctor. **Puncture wounds:** if puncture wound extends deeper than skin surface, try to induce bleeding. Cover with sterile gauze and consult doctor immediately. Serious infection can arise unless properly treated.

ANIMAL BITES: Wash wounds freely with soap and water. Hold under running tap for several minutes if possible. Apply an antiseptic approved by your doctor and cover with sterile gauze compress. Always see your doctor immediately. So that animal may be held in quarantine, obtain name and address of owner.

HEAT EXHAUSTION: Caused by exposure to heat or sun. Symptoms: pale face, moist and clammy skin, weak pulse, subnormal temperature, victim usually conscious.

Treatment: keep victim lying down, legs elevated, victim wrapped in blanket. Give salt water to drink (½ tsp. salt to 1 glass water) in small amounts at frequent intervals. Give coffee or tea. Call doctor.

NINE GENERAL DIRECTIONS FOR FIRST AID

1. Keep the injured person lying down. Put him in a comfortable position, his head level with his body, until you determine whether his injury is serious.
2. Examine. REMEMBER (1) serious bleeding, (2) stoppage of breathing, and (3) poisoning, in that order, must be treated immediately before anything else is done.
3. Keep him comfortably warm. Too much heat is dangerous.
4. Send someone to call a physician or ambulance.
5. Keep calm. Do not be hurried into moving the injured unless it is absolutely necessary.
6. Never give an unconscious person anything to drink.
7. Keep the crowd away.
8. Make the patient comfortable and keep him cheerful.
9. Don't let the patient see his own injury.

A PERSONALIZED COOK BOOK
IS A GIFT THAT'S APPRECIATED
FOR ALL OCCASIONS



ORDER SEVERAL
FOR GIFTS
WHILE THEY ARE STILL AVAILABLE



Appetizers, Pickles and Relish





Try waxing your ashtrays. Ashes won't cling, odors won't linger and then can be wiped clean with a paper towel or disposable tissue. This saves daily washing.

To remove burned food from oven, place small cloth saturated with ammonia in oven over night, and food can be easily wiped up.

Potatoes soaked in salt water for 20 minutes before baking will bake more rapidly.

For quick and handy seasoning while cooking, keep on hand a large shaker containing six parts of salt and one of pepper.

Bread crumbs added to scrambled eggs will improve the flavor and make larger helpings possible.

Sweet potatoes will not turn dark if put in salted water (5 teaspoons to 1 quart of water) immediately after peeling.

Soak bacon in cold water for a few minutes before placing in skillet. This will lessen the tendency to shrink and curl.

A tablespoon of vinegar added to the water when poaching eggs will help set the whites so they will not spread.

Wax the legs of your chairs and they will not mar the waxed floor when moved about.

Cut drinking straws into short lengths and insert through slits in pie crusts to prevent juice from running over in the oven and permit steam to escape.

Let raw potatoes stand in cold water for at least half an hour before frying to improve the crispness of french fried potatoes.

When cooking eggs it helps prevent cracking if you wet the shells in cold water before placing them in boiling water.

APPETIZERS, PICKLES, RELISH

CHEESE STRAWS

Mrs. Beatrice Fite

1 lb. grated cheese
2 c. flour
1/2 tsp. cayenne pepper

1 stick butter
1 tsp. salt

Melt butter over water. Pour over grated cheese. Sift salt, cayenne pepper with flour and work into cheese mixture. Chill in refrigerator for 1 hour. Put through cookie press or roll thin and cut in strips.

Bake at 300 degrees.

HOT CHEESE PUFFS

Mrs. Ivan Covington

2 jars of Old English cheese
1 egg, at room temperature
garlic salt, to taste

1-1/2 stick margarine
Lea & Perrins, to taste
paprika, to taste

Whip the ingredients in a mixer until well creamed. Spread between two slices of thin bread. Do not have it spread too thick. Cut in three sections. Ice all sides with the cheese mixture. Place on cookie sheet and refrigerate 24 hours or overnight.

Bake 10 minutes at 350 degrees. These may be cut in smaller squares or larger, depending upon their use.

T. V. SNACKS

Wilba Robinson
Olive Branch, Miss.

3 boxes or packages pretzel sticks (5-1/4 oz. boxes)
3 boxes Rice Chex (6 or 7 oz. boxes)
1/3 c. Worcestershire sauce
1 tsp. onion salt

1 pkg. (8 oz.) salted peanuts, (mixed nuts are better)
1 lb. margarine
2 tsp. garlic salt
3 Tbsp. chili powder

Mix all ingredients. Bake in slow oven (300 degrees) for 1 hour, stirring twice during baking. Cool and store in air-tight containers.

OLIVE CHEESE BALLS

Mrs. Fred McCormack

1 c. flour
1/2 c. soft butter
dash red pepper
48 stuffed olives

2 c. grated cheese
1/2 tsp. paprika
dash salt

Mix thoroughly with hands. Wrap mixture around olives, forming small balls. Bake on cookie sheet 15 minutes at 400 degrees. Serve hot.

SPICED ORANGES

Mrs. R. F. Rowsey, Jr.

2 med. sized oranges, cut into 1/4-inch slices	1 c. sugar
pinch of cream of tartar	1/2 c. water
	stick of cinnamon

(Note: 2 medium oranges -- 8 to 10 slices. Five recipes - about 50 slices.)

Simmer together sugar, water, cream of tartar and cinnamon for 5 minutes. Pour over orange slices in a baking pan. Bake 1 hour and 15 minutes in 300 degree oven or until tender. It helps to turn slices. Serve warm in chafing dish or in a dish with hot syrup, or it is very good served cold. Will keep if sealed in jars while hot. Very good with baked ham or turkey.

PEPPER JELLY

^{1 1/2}
³ ~~1~~ c. ground bell pepper
^{1/2} 1/4 c. ground hot pepper,
(take out seeds)
2 tsp. green coloring

^{5 1/2} ^{9 1/2}
6-1/2 c. sugar
1-1/2 c. vinegar
1 bottle Certo

Mrs. Onnie Potter
Marion, Alabama

Boil the bell peppers, sugar, hot pepper and vinegar for 4 minutes. Add bottle of Certo. Add coloring. Bring to rolling boil for 1 minute. Pour into jars and seal. (Put in boiling water bath and boil for 12 minutes.)

(This jelly is to be eaten with meats.)

PEAR HONEY

Miss Sue Gibson

Put pears through food chopper. To each cup of pears, add 1 cup sugar. Cook until fruit is clear -- not pink. To three quarts mixture, add 1 No. 2 can crushed pineapple. Let mixture come to boiling stage. Put in jars and seal.

CHINESE CUCUMBERS

Mrs. Liz Bell

2 med. cucumbers	soy sauce
vinegar	salad oil

Slice the unpeeled cucumbers thin. Dress with equal parts of the remaining ingredients and chill thoroughly. Serve with

grilled fish, ham steaks or hamburgers.

DILL PICKLES

Miss Jennie Murphrey

2 c. vinegar
button of garlic

1 c. salt
sprig of dill

Put large whole cucumbers in a gallon jar. Put all ingredients in jar. Finish filling with water. Put a pinch of alum on top and seal. Let stand two or three months.

To make into sweet dill, slice cucumbers. For each pound of sugar, use 1 cup of tarragon vinegar for the whole gallon of cucumbers. Stir several times a day until sugar is completely dissolved - about three days. Put in fruit jars and seal. Do not heat any of this.

PEAR RELISH

Eva D. Smith

2 qt. pears
1/2 onion
1/2 c. sugar
1/3 c. mixed spices

1 c. sweet red pepper
1 qt. white vinegar
1 lb. salt
ice water

Tie spices in cheesecloth bag. Add to salt, sugar and vinegar. Let come to a boil. Cover and let stand for 1 hour. Cut pears in 3/4 inch cubes or smaller. Remove stems and seed from pepper. Cut in 1/2-inch cube. Cut onions in 1/2-inch cube. Place pears, onions and pepper in ice water. Chill for 2 hours (keep ice in pan); drain and pack firmly in sterilized jars. Heat vinegar mix and pour over pears, onions and pepper. Fill to 1-inch of top. Be sure to measure pear, onion and pepper before ice water bath.

PEPPER RELISH

Mrs. W. C. Adams

12 red sweet peppers
1 med. size pod hot pepper
1 Tbsp. salt
2 c. vinegar

12 green sweet peppers
9 med. size onions
1 c. sugar
1 Tbsp. mixed spices

Chop peppers and onions. Cover with boiling water. Let stand 5 minutes; drain. Cover again with boiling water; let stand 10 minutes. Drain. Add other ingredients. (Tie spices in bag.) Cook 15 minutes. Pack in hot jars and seal at once.

GREEN TOMATO PICKLE RELISH

Mrs. C. M. Randolph

4 large green sweet peppers
 12 green tomatoes
 2 large onions, finely chopped
 2 c. chopped cabbage
 2-1/2 c. sugar

4 large red sweet peppers
 6 cucumbers, finely chopped
 6 Tbsp. salt
 2 small red hot peppers
 3 c. cider vinegar

Grind tomatoes and peppers; add coarse salt and let drip overnight. Mix sugar, vinegar and a small bag of mixed pickling spices and let simmer for a few minutes. Remove from heat and add all other ingredients. Let come to a boil but do not boil. Pack into clean hot jars and seal.

KOSHER DILL PICKLE (6-8 Quarts)

Mrs. Russell Koonce

20 to 25 4-inch cucumbers
 1 clove garlic
 2 heads dill
 1 qt. cider vinegar
 1 c. coarse (med.) salt
 grape leaves

1/8 tsp. powdered alum,
 (1 or 2 heads of solid)
 1 hot red pepper (any hot
 pepper will do)
 3 qts. water

Wash cucumbers; let stand in cold water overnight. Pack into hot sterilized jars. To each quart add amount of alum, garlic, dill, red pepper. Combine vinegar, salt and water; heat to boil and fill jars. Put grape leaf in each jar. Seal.

CHILI SAUCE

Mrs. Hardin Williams

Add together:

1 gal. chopped tomatoes
 3 sweet peppers

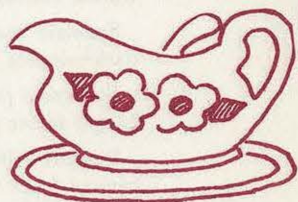
2 c. chopped onion
 2 red peppers

Cook until soft. Then drain off some of liquid until thick.
 Add:

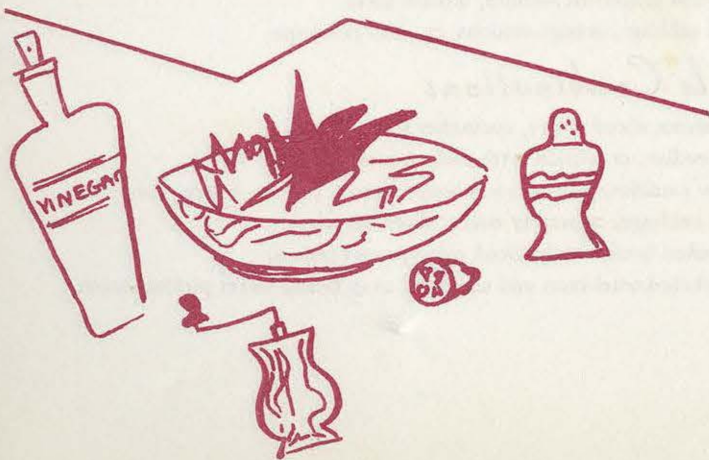
2 c. sugar, or sweeten to taste
 2-1/2 c. vinegar
 1 tsp. cinnamon

1 tsp. salt
 1 Tbsp. mustard seed
 1 tsp. cloves

Cook all together until thick. Pour in pint jars and seal.



Soups,
Salads,
Sauces,
Dressings



Salads and salad dressings



For Appeal To The Appetite

Chill ingredients before mixing—except for molded salads.

Provide tartness in the body of salad or dressing.

Use salad greens other than lettuce sometimes. Have you tried chicory, escarole, endive, kale, spinach, dandelion greens, romaine, watercress, and chinese cabbage?

Sprinkle orange, lemon, lime, or pineapple juice on fruits that may turn dark—apples, peaches, and bananas, for instance.

For tossed green salads, tear greens in fairly large pieces or cut with scissors. Larger pieces give more body to the salad.

Prevent wilting and sogginess by drying the greens used in salads, draining canned foods well before adding to salad, using just enough salad dressing to moisten. For raw vegetable salads, add dressing at the last minute.

Fruit Combinations

1. Sliced pineapple, apricot halves, sweet red cherries.
2. Watermelon balls, peach slices, orange slices.
3. Grapefruit sections, banana slices, berries or cherries.
4. Grapefruit sections, unpared apple slices.
5. Peach slices, pear slices, halves of red plums.
6. Pineapple wedges, banana slices, strawberries.
7. Cooked dried fruit, white cherries, red raspberries.

Fruit and Vegetable Combinations

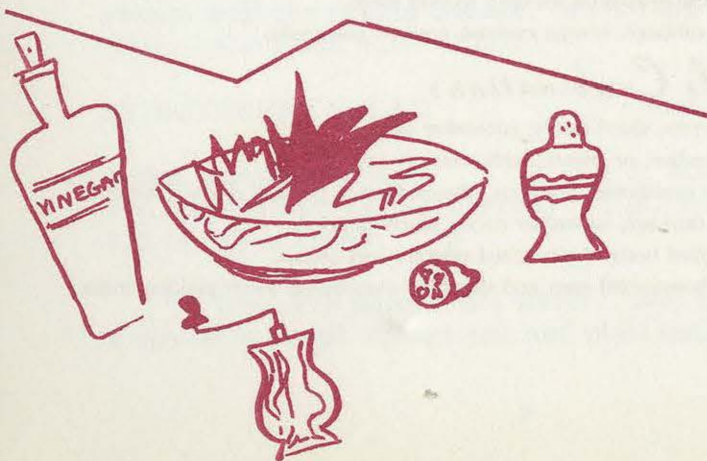
1. Shredded raw carrots, diced apples, raisins.
2. Sliced or ground cranberries, diced celery and apples, orange sections.
3. Thin cucumber slices, pineapple cubes.
4. Avocado and grapefruit sections, tomato slices.
5. Shredded cabbage, orange sections, crushed pineapple.

Vegetable Combinations

1. Grated carrots, diced celery, cucumber slices.
2. Spinach, endive, or lettuce, with tomato wedges.
3. Sliced raw cauliflower flowerets, chopped green pepper, celery, pimiento.
4. Shredded cabbage, cucumber cubes, slivers of celery.
5. Cubed cooked beets, thinly sliced celery, sweet onions.
6. Cooked whole-kernel corn and shredded snap beans, sweet pickles, onion rings.



Soups,
Salads,
Sauces,
Dressings



Salads and salad dressings



For Appeal To The Appetite

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SOUPS, SALADS, SAUCES, DRESSINGS

POPPY SEED DRESSING FOR FRUIT SALAD

Mrs. Walter Guy Burkhalter

- | | |
|---|------------------------|
| 1-1/2 c. Wesson oil | 1-1/2 tsp. dry mustard |
| 1 c. sugar (may use 1/2 c.
sugar and 1/2 c. honey) | 1/2 c. vinegar |
| 1 tsp. poppy seed | 1-1/4 tsp. salt |

Mix all ingredients and beat well. Chill and pour over your favorite fruits for salad.

SALAD DRESSING FOR FRUIT SALAD, ETC.

Mrs. Bruce Stidham

- | | |
|---|----------------|
| 1 c. mayonnaise (not
salad dressing) | 1/2 c. sugar |
| | 1/4 c. vinegar |

Stir and add: 1 teaspoon of poppy seed. Set in refrigerator (the older the salad dressing, the better!)

ROQUEFORT SALAD DRESSING

Mrs. Bruce Stidham

One package "Good Season's Blue Cheese mix. Empty package into container. Fill empty package with milk and pour into container. Shake well. Add 1/2 pint sour cream and shake container until thoroughly mixed. Store in refrigerator.

MRS. CLARENCE TAYLOR'S JELLO SALAD

- | | |
|------------------------------------|-----------------------------------|
| 1 pkg. lime or strawberry
jello | 1-3/4 c. hot water |
| 1 small pkg. cream cheese | 1 small can pineapple,
crushed |
| 1 c. chopped celery | 1/2 c. chopped nuts |

Dissolve jello in hot water and then cool. Soften and cream well the cream cheese; work pineapple in well. Add jello, celery and nuts. Chill.

STRAWBERRY SALAD

Mrs. G. F. McCullar Sr.

- | | |
|---------------------------------|---------------------------|
| 1 pkg. raspberry jello | 1 c. hot water |
| 1 c. crushed pineapple, drained | 1 pt. frozen strawberries |
| 1/2 pt. sour cream | |

Dissolve jello in hot water. Add fruit. Pour 1/2 of mixture in small square pan and chill until firm. Spread sour

cream over the firm jello. Pour remaining mixture over sour cream. Chill again until firm. Cut into squares and serve over lettuce leaf. Yield: 8 servings.

FROZEN FRUIT SALAD

Mrs. John I. Kuykendall

2 3-oz. pkg. cream cheese	2 Tbsp. mayonnaise
2 Tbsp. pineapple syrup	1 No. 2 can pineapple bits, drained
2 small bananas, sliced	1 pt. frozen strawberries, thawed
1 c. heavy cream	

Soften cream cheese and blend with mayonnaise. Beat in pineapple syrup. Mix in the bananas, pineapple bits and strawberries. Whip cream and fold into the above mixture. Pour into a 1-quart refrigerator tray. Freeze until firm. Cut into squares. To serve, garnish with fresh or frozen strawberries.

APPLESAUCE SALAD

Mrs. David Nash
Tulsa, Okla.

To 6-oz. red hots cooked in 1 cup hot water, add two packages lemon jello, 1 cup hot water and 3 cups applesauce. Pour mixture into individual ring molds.

8 oz. cream cheese	1/2 c. chopped nuts
1/2 c. chopped celery	1/2 c. salad dressing

Mix the above mixture well and serve in the center of congealed ring.

TWENTY-FOUR SALAD

Mrs. G. W. Armstrong

In the top part of a double boiler put:

1 egg, beaten until thick	1 c. sugar
juice of 2 lemons	

Cook this over boiling water, stirring occasionally until it thickens. Add to this hot mixture: 1 Tbsp. plain gelatin dissolved in 1/4 cup fruit juice. Stir well to mix gelatin with the egg. Set aside to cool. When cooled, but not set, fold in:

1/2 pt. XX cream, whipped	1 c. chopped pecans
1 can pitted Queen Ann cherries, drained	1 c. miniature marshmallows

Put in a large mold, or small molds, and chill for 24 hours.

CRANBERRY SALAD

Mrs. E. L. Phelps

2 c. ground cranberries
 1 c. crushed pineapple
 1 pkg. lemon jello
 1 c. hot water

2 oranges, diced
 1 pkg. cherry jello
 2 c. (or more) sugar
 1 c. broken pecans

Dissolve jello in hot water, stirring until completely dissolved and cool. Drain pineapple -- do not use juice. Combine fruits and nuts. Add sugar and let stand 15 to 20 minutes or until sugar is dissolved. Add jello mixture, stir and pour into shallow container. Salad should be about 1-inch thick. Place in refrigerator. Cut in squares to serve. Other fruits may be added.

CARROT-PINEAPPLE SALAD

Mrs. John I. Kuykendall

3 or 4 carrots (depends on
 size), grated

1 can crushed pineapple
 1 c. cream cheese, grated

Mix the above ingredients and moisten with mayonnaise. Raisins can be added instead of pineapple.

FIVE CUP SALAD Mrs. R. M. McCulley, Mrs. Onnie Potter,
 Mrs. Perkins Bell and Mrs. John I. Kuykendall

1 c. tiny marshmallows
 1 c. crushed pineapple, drained
 1 c. (1/2 pt.) sour cream

1 c. Angel Flake cocoanut
 1 c. Mandarin oranges (1
 small can), drained

Mix and let set. 1 cup broken pecans may be added.

SUNSHINE SALAD

Mrs. John I. Kuykendall

2 pkgs. lemon gelatin
 1/4 c. sugar
 1 Tbsp. lemon juice
 1 small bottle ginger ale
 1 Tbsp. orange rind

1 c. hot water
 1/2 c. orange juice
 1 large can crushed pineapple,
 partially drained
 1/2 c. chopped nuts, optional

Dissolve gelatin and sugar in hot water. Then add orange juice and lemon juice. Chill until syrupy. Add pineapple and gingerale, orange rind and nuts. Pour into large mold or oblong baking dish. If the latter is used, cut into squares and serve on lettuce leaves.

MOLDED APRICOT SALAD

Mrs. S. A. Swearengen

Dissolve 2 large raspberry jellos and 1 lemon jello in hot water (1 cup). Add:

- | | |
|---|------------------------------------|
| 2 large cans of canned
apricots, drained | 1 can drained
crushed pineapple |
| 1 bottle maraschino cherries (red) | |

Cut apricots in strips, save juice of each fruit and use in place of water.

- | | |
|--|---|
| 1 large pkg. Philadelphia
cream cheese into
cherry juice | 2 Tbsp. powdered sugar
1/2 c. Miracle Whip |
|--|---|

Mix well. Chill jello mixture slightly; fold in fruit, (including apricots, pineapple, cherries). Pour into fancy ring molds until firm.

STRAWBERRY SALAD

Mrs. Ivan Covington

- | | |
|--|---|
| 2 pkgs. strawberry jello | 1 c. boiling water |
| 2 10-oz. pkgs. strawberries
and juice | 1 pt. sour cream |
| 3 mashed bananas | 1 large can crushed
pineapple, drained |
| 1 c. chopped nuts | |

Combine all ingredients except sour cream. Put half of mixture in 12x8x2-inch pan. Chill until firm. Then spread sour cream over first half and spoon last half over top of cream. Congeal.

PINK SALAD

Mrs. J. L. Snell

- | | |
|------------------------------|----------------------------|
| 4 pkg. raspberry jello | 1 large can fruit cocktail |
| 1 large can sliced pineapple | 4 small pkgs. cream cheese |
| #2 can frozen orange juice | |

Strain fruit juice and heat. Dissolve jello in hot juice. Mash cream cheese and pour hot syrup over it, beating until it is all dissolved. Add frozen orange juice diluted with water. Add fruit. Pour into molds and when congealed, serve with home-made mayonnaise. Serves 28.

WALDORF WHIP

Mrs. Bernard Goodnight

1 pkg. lemon gelatin
3 Tbsp. lemon juice
1 c. chopped celery
1-1/2 c. chopped apples

1 c. hot water
1/2 c. mayonnaise
1/2 c. chopped walnuts
2/3 c. (small can) undiluted
evaporated milk

Dissolve gelatin in hot water. Cool. Add 1 Tbsp. lemon juice. Chill until consistency of unbeaten egg whites. Add mayonnaise, celery, walnuts and apples. Chill milk in refrigerator tray until soft ice crystals form around edges (10 to 15 minutes). Whip until stiff (1 minute). Add remaining lemon juice. Whip very stiff (1 to 2 minutes). Fold into gelatin mixture. Spoon into 6-cup mold. Chill until set.

LIME COTTAGE CHEESE MOLD SALAD-Mrs. S. R. McMurry

1 can crushed pineapple,
(1 lb. 4 oz.)
2 pkgs. lime gelatin
2 Tbsp. grated lemon rind
1 c. finely diced celery
1/2 tsp. salt

1/2 c. lemon juice
boiling water
1 c. chopped nuts
2 c. cottage cheese
2 tsp. prepared horseradish

Drain pineapple syrup, lemon juice add boiling water to make 3 cups of liquid. Add gelatin; dissolve, then chill until syrupy.

Spoon 1-1/2 cup gelatin in bowl. Fold in pineapple, nuts, and lemon rind. Pour into greased pan and chill until firm and sticky on top.

Keep remaining gelatin at room temperature. When layer is firm, beat syrupy gelatin until fluffy, blend cottage cheese, celery, horseradish, salt and spoon into pan and chill until firm.

Unmold and serve with Banana Nut Dressing.

Banana Nut Dressing:

1/2 c. mayonnaise
1/2 c. chopped nuts
1 Tbsp. lemon juice

1 mashed banana
3 Tbsp. heavy cream

Combine all ingredients. Serve over Lime Cottage Cheese Salad, or any fruit salad.

PINEAPPLE-CHEESE SALAD

Mrs. George Randolph

- | | |
|------------------------------|---------------------------|
| 1 pkg. lime flavored gelatin | 1 c. boiling water |
| 12 marshmallows | 1 c. crushed pineapple |
| 1/2 c. pineapple juice | 1 c. chopped celery |
| 1 c. nuts | 1 small pkg. cream cheese |
| 1 Tbsp. mayonnaise | 1 c. whipped cream |

Dissolve gelatin in water; add marshmallows. Cool and add pineapple and juice, celery and nuts. Mix cream cheese with mayonnaise and add to other ingredients. When mixture is completely cooled, add whipped cream.

Yield: 10 servings.

PINEAPPLE-CHEESE SALAD

Mrs. E. E. Stidham

- | | |
|---------------------------------|--------------------|
| 1/2 c. sugar | juice of 1/2 lemon |
| 1 can crushed pineapple (small) | |

Heat the above ingredients. Add: 2 Tbsp. or envelopes gelatin dissolved in 1/4 cup cold water. Mash 1 large size cream cheese. Add medium bottle maraschino cherries and juice, (cut cherries fine.) Add whipped cream (1/2 pint). Pour in molds, moistened with cold water.

PARTY SALAD

Mrs. George Miller, Sr.

- | | |
|---|------------------------------|
| 1 pkg. lime gelatin | 1 c. boiling water |
| 1 c. diced marshmallows | 1 large can fruit cocktail |
| 1 c. fruit cocktail juice | 1/2 pt. heavy cream, whipped |
| 2 small pkgs. cream cheese,
softened | |

Dissolve gelatin in water; add marshmallows, fruit cocktail and juice. Cool. Combine whipped cream and cream cheese. Fold into gelatin mixture. Chill until firm.

Yield: 16 servings.

COMPANY BEAN SALAD

Mrs. Wilma Crumpler
Memphis, Tenn.

- | | |
|-------------------------------|-------------------------------|
| 1 (303) can small green beans | 1 (303) can whole kernel corn |
| 1 (303) can red kidney beans | 1 green pepper |
| 1 small onion, chopped | |

Drain beans and corn well. Add green pepper and onion. Cover with dressing made by mixing:

3/4 c. sugar
1/2 c. salad oil
1/2 tsp. black pepper

2/3 c. vinegar
1 tsp. salt

Toss lightly. Cover and chill several hours or overnight. Toss lightly several times during this period. Serve icy cold.

THREE BEAN SALAD

Mrs. W. E. Swearengen

1 can cut green beans
1 can cut kidney beans
1 small jar chopped pimientos

1 can cut wax beans
1/2 green pepper, chopped
1 onion, chopped

Dressing:

3/4 c. sugar
2/3 c. vinegar
1 tsp. salt

1/2 c. salad oil
1/2 tsp. pepper

Combine drained vegetables and sauce. Refrigerate overnight. Toss before serving.

CUCUMBER SALAD

Mrs. Phyllis Herron

One package lime flavored gelatin (prepared according to directions on the package).

1 c. cottage cheese
1/2 cucumber (cut up fine)

1 c. grated sharp cheese
1 c. diced canned pears

Prepare the gelatin. Cool until partially thickened, then add the remaining ingredients and chill until firm. This is good served with curry mayonnaise.

Curry Mayonnaise: 1/2 teaspoon curry powder to 1 cup mayonnaise. Note: The new vegetable-flavored gelatins on the market now are good to use in place of the lime, if desired.

SEAFOOD SALAD

Mrs. J. E. Kimbrough

3 Tbsp. gelatin
1 Tbsp. sugar
1 Tbsp. salt
3 egg yolks, slightly beaten
5 Tbsp. tarragon vinegar
3 Tbsp. butter

2/3 c. cold water
3 Tbsp. flour
1 Tbsp. dry mustard
1 whole egg
5 Tbsp. cider vinegar
4 c. flaked fish or chicken

4 c. diced celery
2-1/4 c. milk

1/2 c. pimiento

Sprinkle gelatin on top of cold water; let stand until soft. Mix flour, sugar, salt and mustard with egg yolks and egg. Add milk and mix well. Add vinegar slowly to prevent curdling. Add butter and cook until thick. Remove from fire, stir in gelatin, fish, pimiento and celery. Fill molds and chill.

CREAMY TUNA SALAD

Mrs. Norma J. Hughes

Sprinkle 1 envelope of plain gelatin on 1/2 cup cold water. Place this over boiling water until dissolved. Blend:

1 can cream of celery soup	1 3-oz. pkg. cream cheese
1 7-oz. can tuna, drained and flaked	1/2 c. shredded carrots (may be omitted)
1/3 c. finely chopped celery	2 Tbsp. chopped parsley
1 Tbsp. lemon juice	gelatin that has been dissolved

Pour into 1-quart mold. Chill until firm. Serve on lettuce.

CONGEALED TUNA SALAD

Mrs. Bill Riddick

1-1/3 envelope gelatin	1/2 c. cold water
1 can tomato soup	1 8-oz. pkg. cream cheese
1/2 c. mayonnaise	1 can tuna
1/2 c. celery, chopped	1/2 c. green pepper, chopped
1/4 c. onion, chopped	1/4 c. India relish (optional)

Heat tomato soup, cut cream into it while heating. Beat smooth. Add mayonnaise. Beat into mixture. Dissolve gelatin in cold water and add to soup mixture. Beat again. Put in refrigerator until it begins to thicken. Flake tuna and add tuna, celery, onion and pepper (and relish, if used) to soup mixture. Pour into molds.

Yield: Makes 9 large individual salads.

MOLDED CHICKEN SALAD

Mrs. J. C. Little

1-1/2 Tbsp. gelatin	1/2 c. cold water
1/2 c. boiling stock	1 Tbsp. lemon juice
1/2 c. mayonnaise	1-1/2 c. cold diced chicken
1/2 c. diced celery	1/3 c. stuffed olives
salt to taste	

Dissolve gelatin in cold water. Add liquids, then add solids and mold. Chill three hours. Serve on lettuce or sliced pineapple.

SHRIMP SAUCE

Mrs. Phyllis Herron

1 c. mayonnaise
1 tsp. onion, chopped
1 Tbsp. finely chipped capers
1 Tbsp. chopped chives
1 hard-boiled egg, sieved
lemon juice, to taste

1 Tbsp. chopped parsley
or parsley flakes
1 Tbsp. anchovy paste
1 Tbsp. chopped tarragon
leaves

Put all ingredients in a bowl and mix well.

"Since I wasn't too familiar with some of the spices, I visited the spice rack".

Write your extra recipes here:

Write your extra recipes here:



MAIN DISHES

*Meat, Sea Food,
Poultry*



Tips TO THE CARVER

- Convention doesn't forbid your standing up to carve, so, if it's easier, stand up.

- The bones get in your way if you don't know where to expect them; a little investigation tells you just where they are.

- Carving is unduly complicated by a dull knife.

- And remember the first rule of carving
"Cut across the grain"

If you cut with the grain, long meat fibers give a stringy texture to the slice. Steaks are the exception.

Tips TO THE HOSTESS

- A large roast can be carved more easily after it stands for about thirty minutes.

- When garnishing, don't be over-generous; leave space for the work to be done.

- Servings cool quickly so plates and platter *must* be heated.

- An inexperienced carver will appreciate a hostess who keeps the guests' attention diverted from his carving.

MAIN DISHES --
MEAT, SEAFOOD, POULTRY

SPAGHETTI AND MEAT SAUCE

Mrs. S. A. Swearengen

2 lbs. ground beef
1 large green pepper
2 cans cream of tomato
 soup (Campbell)
1 4-oz. can mushrooms
1 small bottle tomato catsup
1 Tbsp. Tabasco sauce
1 lb. pkg. spaghetti

1 c. chopped onions
2 cloves garlic (garlic
 powder may be used)
1 can sweet milk (measure
 in soup can)
3 Tbsp. Worcestershire
1/2 lb. grated cheese

Fry meat, onions, pepper, garlic in bacon drippings. Sauté mushrooms in butter and add. Add liquids and simmer slowly (about 30 minutes). Boil spaghetti in salt water 15 minutes. Mix with sauce and let stand until ready to use. Add 1/2 lb. grated cheese to the mixture. Serve with Parmesan cheese sprinkled on top.

CAMPFIRE STEW (Meal In One Dish)

Mrs. Bill Riddick

1 lb. ground beef
1 bell pepper
1 can vegetable soup
1 lb. cheese, grated

1 small onion
1 can tomatoes (2 c.)
1 small pkg. noodles

Sauté onion and pepper in 2 Tbsp. fat. Add ground beef and brown. Add tomatoes and soup. Let simmer while cooking noodles according to package directions. Drain and put in large buttered casserole. Add ground beef mixture. Mix and top with grated cheese. Cook, covered, in 400 degree oven until it bubbles, (about 20 minutes).

TEXAS HASH

Mrs. Jack T. Hartzell

1 small or large (whichever
 desired) onion

1 green pepper
1/4 c. oil (of your choice)

Cook in a large pan or dish that can be put in oven. When onions are golden, add :

1/3 c. rice
1 can tomatoes

1 lb. hamburger meat
1 tsp. salt

Bake in covered dish till rice is done. Uncover and let

remain in oven till dry. 350 degree oven.

IDIOT'S DELIGHT

Mrs. G. W. Armstrong
Mrs. W. E. Swearengen

Brown and season: 1 lb. ground steak. Brown in fat:
1 c. chopped celery and 1 cup chopped onions

1 can cream of mushroom
soup

1 c. milk

1 Tbsp. soy sauce

1 can cream of chicken
soup

2 c. cooked rice

Top with Chow Mein noodles and bake at 350 degrees for
1 hour (8x12x2-inch baking dish). This freezes nicely.

EGGPLANT AND GROUND MEAT CASSEROLE

Mrs. George Randolph

2 small or large eggplant

2 Tbsp. bacon drippings

1/2 c. celery, chopped

1 egg, beaten

1 c. cracker crumbs

1/2 tsp. pepper

1/4 c. milk

1/2 lb. ground meat

1 onion, chopped

1/2 c. water

1/2 c. cooked rice

salt to taste

1/8 tsp. red pepper (optional)

2 Tbsp. butter

Peel eggplant; cut into small pieces; do not remove
seeds. Brown meat in drippings; add eggplant, onion, celery
and water. Cover; steam until tender. Cool slightly. Add
egg, rice, 1/2 cup cracker crumbs, salt, pepper and milk.
Pour into greased casserole. Sprinkle with remaining cracker
crumbs; dot with butter.

Bake at 375 degrees for 35 minutes.

THREE SOUP CASSEROLE

Mrs. Richard Coleman

1 lb. ground beef

1 can cream of chicken soup

1 can cream of tomato soup

1 can cream of mushroom soup

2 c. diced celery

2 c. diced onions

1 pkg. (8 oz.) egg noodles

Fry onions, celery and beef in fat until light brown.
Add to cooked noodles. Add soups and pour in baking dish.

Bake 25 minutes at 350 degrees.

SWISS STEAK

Mrs. M. M. Randolph

3 lb. round steak

1 med. onion, chopped

1/2 c. celery, chopped
flour

1 can tomato soup
salt and pepper

Pound steak; moisten with water and dredge in flour and salt and pepper mixture. Brown quickly in small amount of oil. Remove steak from pan; add onion and celery and saute. Add flour for gravy. Brown and add water. Return steak to pan. Pour tomato soup over steak. Cover and simmer slowly for 2 hours. Add water to gravy as needed.

Yield: 10 servings.

CHICKEN AND COKE

Mrs. Willard Williams

1 fryer, cut into pieces
1 tsp. salt

1/2 c. ketchup
1 large coke

Place chicken in a deep skillet or casserole dish. Pour salt, ketchup and coke over chicken. Cook in 300 degree oven for 1 hour to 1-1/2 hours.

CHICKEN AND RICE

Mrs. Gaines Herron

Cut up fryer. Brown in 1 stick of oleo. Place in casserole. Pour 1 cup of uncooked rice over the chicken. Add 2 cans of cream of chicken soup diluted with 2 cans of water. Cook at 350 degrees for 1 hour, or until rice is done. Cook uncovered.

BAKED CHICKEN IN CHEESE SAUCE

Mrs. David Nash
Tulsa, Okla.

2 whole chicken breasts,
split
1 can condensed cheese soup
1/4 c. dry white wine
1 9-oz. pkg. frozen artichoke
hearts (optional)

2 Tbsp. flour
1/4 c. shortening
1/2 c. light cream
1/2 tsp. dried rosemary
leaves

Heat oven to 350 degrees. Coat chicken with flour. Melt shortening in skillet; brown chicken lightly on all sides over moderate heat. Place chicken in baking dish. Blend cheese soup, cream, wine and rosemary; pour over chicken. Cover dish and bake 30 minutes. Remove cover and place artichokes or other vegetable (asparagus is good) over chicken.

Bake, uncovered, 15 minutes, or until chicken is fork tender.

HAMBURGER CASSEROLE

Mrs. J. N. Bailey, Jr.
Mrs. Willard Williams

1 large onion

1 large bell pepper

Chop fine and brown with: 2 lbs. hamburger meat or ground beef. Add:

1 No. 2 can cream corn

1 No. 2 can tomatoes

1 can tomato paste

1 can tomato sauce

1 small can ripe olives,
(sliced) - optional

1 8-oz. pkg. fine noodles
cooked

Mix and place in two or three greased casseroles. Cover with cheese and bake in 350 degree oven for 1 hour. This freezes nicely. The entire recipe will serve about 12 people.

TALLERINE

Mrs. Walter Sullivant

1 large onion, chopped

1-1/2 lbs. ground beef

Brown onion in skillet; add ground beef and cook until done. Cook 1 package noodles as directed on package. Add to ground beef. Then add:

1 can whole kernel corn,
drained

1 No. 2 can tomato juice

1/2 lb. grated cheese (use
part of cheese to sprinkle on top)

1 can cream of mushroom
soup

Mix well. Pour into casserole. Sprinkle cheese on top and bake for 30 minutes in 350 degree oven.

EASY CHILI

Mrs. Jimmy Herron

2 Tbsp. vegetable oil

1 lb. ground beef

2 Tbsp. flour

3 Tbsp. chopped onions

1-1/2 Tbsp. chili powder

1 small can tomato paste

2 c. water

1 can chili beans

Brown beef in oil, then add remaining ingredients in order as listed. Cook slowly 1 hour.

PORK CHOPS

Mrs. McCullor

4 center cut pork chops

1 can cream of mushroom
soup, undiluted

3/4 c. water

1/2 c. uncooked rice (not quick-cooking)

1 tsp. salt

1/8 tsp. pepper

Place chops in lightly greased baking dish. Sprinkle each with salt and pepper. Combine the remaining and pour over the chops. Cover and bake 1-1/2 hours at 350 degrees. Add a little water if necessary.

PORK CHOPS IN APPLESAUCE GRAVY Mrs. Bruce Stidham

4 center cut pork chops

2 Tbsp. shortening

2 small onions, sliced

2 8-oz. jars applesauce

1 Tbsp. molasses

2 Tbsp. prepared mustard

2 Tbsp. lemon juice

1 tsp. salt

1/8 tsp. pepper

1/4 tsp. thyme

Brown pork chops on both sides in the shortening. Remove chops. Add onion and cook until brown. Stir in remaining ingredients. Add pork chops. Simmer, covered, for 1-1/2 hours, or until meat is tender.

POTATOES WITH PORK CHOPS

Mrs. Bob Traywick

4 c. thinly sliced

2 Tbsp. flour

raw potatoes

1 tsp. salt

1/4 tsp. pepper

butter or margarine

1/2 c. grated cheddar cheese

1-1/2 c. hot milk

Brown pork chops on each side, cooking for 20 minutes. Meanwhile, in a greased 2-quart casserole, place a layer of the sliced potatoes. Sprinkle with part of the flour, salt and pepper. Repeat layering, ending with potatoes. Dot with butter. Sprinkle on cheese. Top with pork chops. Pour on milk.

Bake, covered, at 375 degrees for 45 minutes. Remove cover and continue baking for 20 minutes.

BARBECUED PORK & BEAN BAKE

Fay Joiner

Place two 1-lb. cans pork and beans in tomato sauce in a 13x9x2-inch baking dish. Prepare 5 or 6 lean pork chops. For each chop: dash with salt and pepper; spread lightly with mustard; sprinkle with 1-1/2 Tbsp. brown sugar; spread with 1-1/2 Tbsp. catsup.

Arrange chops over beans. With toothpick attach 1 slice onion and 1/2 slice lemon to each chop. Bake in a slow oven (325 degrees) about 1-1/2 hours, or until tender.

Pastry:

1 c. sifted flour	1/2 tsp. salt
1/3 c. shortening	2 Tbsp. water

Roll pastry to fit top of 1-1/2 quart baking dish. Divide into 4 parts; prick and fold back a little corner in center. Bake at 475 degrees on baking sheet.

Filling: Make a white sauce using...

6 Tbsp. chicken fat, or butter	6 Tbsp. flour
1/4 tsp. pepper	1/2 tsp. salt
2/3 c. cream or rich milk	1-3/4 c. chicken broth

Add 2 cups cut-up cooked chicken, 1/4 cup cut-up pimiento, (optional). Pour into baking dish. Top with baked pastry. Bake 5 to 10 minutes, until hot and bubbly.

CHICKEN AND SPAGHETTI

Mrs. W. W. Eades

Cook 1/2 package spaghetti in salt water; drain; wash. Marinate overnight with 1/2 cup French dressing. (You might use hands to mix).

Boil chicken 2-1/2 to 3 lbs. (could be bigger) until tender and cut into bite size pieces. Saute in butter and salt 1 small can of sliced mushrooms.

Mix the three ingredients together, using just enough mayonnaise to make it stick together. Serve cold. Serves 8.

CHICKEN CASSEROLE

Mrs. C. L. Hartzell

Melt 1/4 lb. butter in pan 8x12-inches. Mix: 1 can mushroom soup, 1 can onion soup and 1 can chicken soup. Take out 1 cupful and to the rest add 2 cups Minute Rice. Pour into pan and lay chicken on top. Pour cup of soup over it and cover with foil. Bake at 350 degrees for 2 hours; uncover last half hour.

BAKED CHICKEN PUFF

Mrs. Beatrice Fite

1 can mushroom soup	1/3 c. milk
1/2 tsp. salt	1 c. cooked, diced chicken
2 c. peas, green beans or broccoli	4 eggs, separated
	1/3 c. cheese

Start oven at 375 degrees. Combine soup, milk, salt; add peas and chicken. Bake uncovered 10 minutes. Meanwhile, beat egg whites until stiff. With same beater, thoroughly beat egg yolks and add cheese. Lightly fold yolks into whites. Pile on top of chicken. Bake uncovered 30 minutes.

BARBECUE CHICKEN OR PORK CHOPS

Mrs. J. L. Snell

Place cut-up chicken or pork chops in baking dish. Mix the following sauce and pour over it:

1/2 c. catsup	4 Tbsp. water
3 Tbsp. butter	3 Tbsp. brown sugar
1 Tbsp. lemon juice	1 tsp. salt
1 Tbsp. Worcestershire sauce	1 tsp. dry mustard
1 Tbsp. chili powder	1 tsp. paprika
4 Tbsp. vinegar	1 tsp. black pepper

Cover and cook in 350 degree oven 1-1/2 hours for chicken - 2 hours for pork chops.

CHICKEN ALMONDINE

Mrs. Ervin Sayle, Jr.

4 chicken breasts	1 Tbsp. paprika
1/4 c. melted butter	1 Tbsp. lemon juice
garlic salt	

Step 1: Combine butter, paprika and lemon juice. Dip chicken breasts into mixture; sprinkle with garlic salt. Bake skin side up, 350 degrees for 30 minutes.

Step 2:

1 can mushroom soup	dash of Worcestershire
1 can mushrooms	1/4 c. cooking sherry
almonds, slivered	

Pour over chicken; sprinkle almonds on top. Bake at 350 degrees for 30 minutes.

Step 3:

Sour cream, to taste. When done, remove chicken and add sour cream to remaining mixture. Serve as gravy over rice or noodles.

HAWAIIAN CHICKEN

Mrs. Bruce Stidham

chicken breasts	salt and pepper
3 Tbsp. butter	1/2 c. sliced almonds
1/2 c. seeded raisins	1 c. crushed pineapple
1/8 tsp. cinnamon	1/8 tsp. cloves
2 c. orange juice	1 Tbsp. flour
2 Tbsp. cold water	

Salt and pepper chicken. Melt butter in skillet; add chicken and saute until brown on all sides. Add almonds, raisins, etc. Simmer 45 minutes. Good to serve over rice.

BREAST OF CHICKEN UNDER GLASS Mrs. T. R. Kuykendall

4 chicken breasts	1/2 c. cooking sherry
1 stick oleo	1/2 c. cream
4 slices baked ham	salt and pepper
12 mushroom buttons	

Soak chicken in cold salted water for at least 1 hour. Melt butter in skillet. Salt and pepper chicken and cook slowly in melted butter until brown and tender. Remove chicken and then saute the mushrooms in the butter for 5 minutes. Place the ham in a glass oven dish and cover each slice with a chicken breast. Pour mushrooms over top. Add the cooking sherry and cream to the butter in the skillet. Stir and boil gently for 1 minute. Add salt and pepper, if necessary. Pour this over the chicken. Cover and bake at 350 degrees for about 45 minutes. Serve hot.

DOTTY'S SHRIMP DISH

Mrs. William R. Peeples

2 lbs. shrimp	1 tsp. lemon juice
3 Tbsp. salad oil	3/4 c. rice
2 Tbsp. butter	1/4 c. green pepper
1/4 c. onion	1 tsp. salt
1/4 tsp. pepper	1 dash mace
1 dash red pepper	1 can of tomato soup, undiluted
1 c. of cream or milk	1/2 c. almonds, chopped
1/2 c. sherry	

Cook shrimp and clean. Put in casserole. Sprinkle with lemon juice and oil. Chill 70 minutes before serving, heat oven; saute onion and pepper. Combine with rest of ingredients and put on top of shrimp and rice in casserole. Put on almonds and sprinkle with paprika. Cook for 55 minutes in 350 degree oven. Serves 4-6.

CRAB OR SHRIMP FONDUE IN TARTLETT SHELLS

Keith B. Bryant

- | | |
|---|---|
| 2 10-oz. cans cream of
mushroom soup | 1 3-oz. can sliced
mushrooms (save the liquid) |
| 2 6-1/2 oz. cans crabmeat
or shrimp | 1/3 c. heavy cream |
| 1/4 c. grated sharp American
cheese | 1/3 c. chopped pimienta |

Combine all ingredients. Blend well and spoon into two 1/2 pint size freezer containers. Place in freezer -- keeps indefinitely.

To serve, pour defrosted mixture in chafing dish and heat. Fills 36 tarts.

For Tartlett Shells: Prepare 2 packages pie crust mix. Roll 1/4-inch thick and place or fit on bottom of small muffin pan cups. Bake at 400 degrees for 12 minutes. Cool, then place in freezer in containers. When ready to serve, heat on cookie sheets and spoon in fondue.

This is nice for buffet serving.

QUICK LOBSTER THERMIDOR

Mrs. David Nash
Tulsa, Okla.

- | | |
|---------------------------------------|--|
| 2 9-oz. pkgs. frozen
lobster tails | 1 tsp. dried parsley flakes |
| 1 Tbsp. butter or oleo | 1/2 c. milk |
| few grains garlic powder | 1 4-oz. can sliced
mushrooms, drained |
| 1 can condensed cheese soup | 1 Tbsp. lemon juice |
| 1 Tbsp. sherry | 2 Tbsp. fine dry bread
crumbs |
| 1 tsp. grated Parmesan cheese | 2 Tbsp. melted butter or oleo |
| few grains paprika | |

Cook lobster tails in boiling salted water as directed on package. Sprinkle parsley over milk and let stand 5 minutes. Remove lobster meat from shells and dice. (Reserve shells for serving thermidor.) Melt the 1 Tbsp. butter in skillet. Add mushrooms and cook until lightly browned. Add garlic powder, cheese soup, milk and parsley mixture, lemon juice and sherry; mix well. Fold in lobster and spoon mixture into lobster shells. Toss together bread crumbs, Parmesan cheese, paprika and the 2 Tbsp. melted butter. Sprinkle over lobster mixture.

Place 3 to 4 inches from heat in preheated broiler and broil 5 minutes or until lightly browned. Serves 4.

SHRIMP CASSEROLE HARPIN

Mrs. Johnny Covington

- | | |
|---|--|
| 2-1/2 lb. large raw shrimp,
shelled, deveined | 1/4 c. minced onion |
| 1 Tbsp. fresh, frozen, or
canned lemon juice | 1 tsp. salt |
| 3 Tbsp. salad oil | 1/8 tsp. pepper |
| 3/4 c. raw, regular or pro-
cessed rice, or 1 c. pack-
aged pre-cooked rice | 1/8 tsp. mace |
| 2 Tbsp. butter or margarine | dash cayenne pepper |
| 1/4 c. minced green pepper | 1 10-1/2 oz. can condensed
tomato soup, undiluted |
| | 1 c. heavy cream |
| | 1/2 c. sherry |
| | 3/4 c. slivered blanched
almonds |

Early on the day: Cook shrimp in boiling salted water for 5 minutes; drain. Place in 2-quart casserole; sprinkle with lemon juice and salad oil. Meanwhile, cook rice as label directs; drain. Refrigerate all.

About 1 hour and 10 minutes before serving:

1. Start heating oven to 350 degrees. Set aside about 8 shapely shrimp for garnish.
2. In butter in skillet, saute green pepper and onion for 5 minutes. Add rice, salt, pepper, mace, cayenne pepper, soup, cream, sherry and 1/2 cup almonds to shrimp in casserole. Toss well.
3. Bake, uncovered, 35 minutes. Then top with 8 reserved shrimp and 1/4 cup almonds. Bake 20 minutes longer, or till mixture is bubbly and shrimp are slightly browned. Makes 6 to 8 servings.

Shrimp Casserole Harpin, Buffet Style: Make three times above recipe, using 5-quart casserole and topping with about 1 dozen shrimp and 1/4 cup almonds. Bake as directed, increasing second baking to 35 minutes. (With two 2-1/2 quart casseroles, divide same mixture between them; top each with about 8 shrimp and 1/4 cup almonds; bake as directed.)

Yield: Makes 18 to 24 servings.

BAKED STUFFED CRABS

Mrs. Johnny Covington

- | | |
|------------------------------|----------------------------|
| 1 lb. crabmeat | 4 chopped hard-boiled eggs |
| 1 minced green pepper | 6 pieces minced celery |
| 4 or 5 sprigs minced parsley | 8 slices dry toast |
| 1/2 small minced onion | |

Combine all ingredients and mix well with 1 cup heavy cream sauce. (Recipe for cream sauce not given.) Crush toast to crumbs and add, saving a lot for top of crab shell. Add 1 cup

highly seasoned mayonnaise. Fill crab shells for casserole and top with remaining crumbs (buttered).

Bake 20 minutes in hot oven.

MAIN DISH

Mrs. Johnny Covington

4 large potatoes; cut into halves. Scoop out and add 1/3 cup butter. Mash. Beat in:

1/2 c. light cream	1 tsp. salt
dash red pepper	1 Tbsp. grated onion
1 c. shredded sharp cheese	

fold in: 1 c. crabmeat or shrimp

Put back in potato shells. Refrigerate until mealtime and then reheat in 450 degree oven about 15 minutes, or until thoroughly heated. (May be wrapped in foil and frozen until needed.)

BAKED FISH CREOLE

Mrs. Roger M. Green
Meridian, Miss.

Fish Stuffing:

1-1/2 c. bread, cubed	1/2 tsp. salt
1 small onion, minced	1/4 c. celery
1 Tbsp. lemon juice	1/3 c. melted butter
1 Tbsp. parsley, cut fine	water to hold together

(Increase amounts if fish is over 2-1/2 lbs.)

1. Clean fish.
2. Dry; sprinkle inside with salt.
3. Mix ingredients for stuffings in order given. Pack lightly into fish.
4. Rub fish with butter or cooking oil.
5. Place a piece of foil in a shallow baking pan. Melt butter (1 Tbsp.) on foil; place fish in baking pan.
6. Cover with foil. Bake medium low heat for 40 minutes. The last 20 minutes start your creole.

Creole:

1/4 tsp. salt	1/8 tsp. pepper
3 Tbsp. butter	2 Tbsp. flour
1/2 c. sliced mushrooms	6 tomatoes quartered, or canned tomatoes

1 large onion, sliced
1 tsp. thyme
1/2 c. cracker crumbs

1 bay leaf
1 c. white wine (I didn't use
that much wine)

1. Melt butter, add flour, brown lightly; add salt and pepper, mushrooms, tomatoes, onions. Simmer 10 minutes.
2. Sprinkle herbs on fish; pour wine over all. Bake uncovered the last 20 minutes. Sprinkle with buttered crumbs.
3. Remove to platter. Garnish with lemon and parsley.

WILD GAME

BRUNSWICK STEW

Mrs. Ivan Covington

1 hen,
1 lb. beef
1 or 2 sticks oleo
2 cans English peas
2 large cans tomato juice
2 c. diced celery
2 large onions, diced
dash of hot sauce, to taste
juice of 1 lemon
1 or 2 cans cut okra

3 squirrels
1 lb. smoked bacon
2 cans butter beans
3 cans corn (add last)
large stew pot of cooked,
diced potatoes
generous dash of Worces-
tershire sauce
1/4 c. catsup
salt and pepper, to taste

Cook hen and squirrels until well done. Remove meat from bones and dice meat. Save broth from meat to start stew. Score beef and smoked bacon. The beef and bacon are used for flavor and removed when stew is done. Put broth, diced ham and squirrel, scored beef and bacon in large pressure canner and bring to boil. Lower heat to simmer. Heat all other ingredients (except corn) to boiling point and add to pot. Simmer, stirring frequently 4 to 6 hours, or until mixture begins to thicken. Add corn last hour of cooking. Keep heat on simmer and stir often to keep from sticking.

A delicious meal with a salad and hot bread. Left-over freezes exceptionally well.

VENISON IN CASSEROLE

Mrs. Ivan Covington

2 lbs. venison loin
red wine or watered vinegar
2 Tbsp. olive oil
2 Tbsp. sherry
2 Tbsp. butter
1 tsp. salt
1 small can mushrooms

1 pinch cayenne
1/4 tsp. pepper
1 Tbsp. chopped parsley
2 Tbsp. flour
1-1/2 pints stock (bouillon
cubes)
1 tsp. chopped onion

Soak venison in red wine or vinegar overnight. Brown cured venison in skillet in olive oil and butter. Mix flour into 1/2 cup stock and add to remaining stock, mushrooms, onions and seasoning in skillet.

Cover and let simmer for 1 hour, or until tender. Add sherry before serving.

DOVES

Mrs. Paul D. Smith

14 to 16 doves	flour
salt and pepper	1/2 c. salad oil
1/2 c. finely chopped	1-1/2 c. water
onion (preferably green	1 c. cooking sherry
onions)	1/4 c. chopped parsley (opt.)

Salt, pepper and flour doves. Brown in oil in heavy roaster in 400 degree oven (or on top of stove). Add chopped onions and water. Cover. Reduce heat to 350 degrees; cook until tender (about 30 minutes). Add sherry; baste during cooking. Let cook about 10 to 15 minutes longer in oven. Add chopped parsley to gravy before serving.

VENISON ROAST

Mrs. Jack Barnett

4 lb. venison roast	1 pkg. onion soup mix
1 tsp. salt	1 can condensed mushroom soup
1 tsp. black pepper	1/2 c. water

Salt and pepper meat. Place in foil-lined roasting pan. Add remaining ingredients. Seal top of pan with foil. Bake in 350 degree oven for 3 hours, or until tender.

WILD DUCK

Mrs. Jack Barnett

1 med. duck	salt and pepper
1 med. onion, chopped	Kitchen Bouquet
2 stalks celery, chopped	bacon fat
1 bud garlic	1 c. water
1 chicken bouillon cube	

Clean duck and wipe dry; rub inside and outside with salt and pepper. Rub outside with Kitchen Bouquet and bacon fat. Brown duck on all sides. Remove duck from pan. Add onion, celery and garlic; cook until wilted and tender. Return duck liver and gizzard to pan; add water and bouillon cube. Cover and cook 3 hours in 315 to 350 degree oven. Add chopped giblets to gravy.

DR. HOUSE'S DOVE

Mrs. Monroe Frost

Pick or skin doves. Pack in crushed ice overnight or freeze in water if not to be eaten right away.

Thaw and make a mixture of Bulgarian buttermilk, garlic salt and Worcestershire sauce. Pour over doves to cover.

Place in oven for 1 or 2 hours at 100 degrees to marinate; remove from oven. Drain off mixture and flour, salt, pepper and paprika. Fry in deep fat fryer at 425 to 450 degrees for 1 minute. Reduce heat to 325 degrees. Continue cooking 15 minutes. Turn fryer back up to 425 degrees and fry until golden light.

SQUIRREL STEW

Mrs. Walter Guy Burkhalter

3 squirrels, cooked and
bones removed
potatoes (as many as you
personally like)

3 No. 2 cans tomatoes
1/4 lb. salt meat (remove
before serving)

45 minutes before done, add 1-1/4 cups onion, chopped.
20 minutes before done, add 1 can cream-style corn, 1/2 cup
catsup, 4 Tbsp. Lea and Perrin. Salt and pepper to taste.

SQUIRREL STEW

Mrs. Mary Perkins

3 squirrels
1-1/4 lb. ground beef
8 large Irish potatoes
1 qt. tomato juice
4 red peppers
2 Tbsp. salt
3 large onions

1 2-1/2 lb. chicken
1 qt. lima beans
1 qt. tomatoes
1 qt. cream-style corn
1/2 lb. margarine
1 tsp. black pepper

Combine chicken and squirrel in large boiler. Cook until well done and remove all bones. Cook lima beans and peeled and cubed Irish potatoes in separate boiler. Cook until well done, then add to the meat, stirring as it cooks. Cook ground beef in hot greased skillet until the red color disappears, then add to mixture. Add all other ingredients and cook until well done and thick. Serve with crackers.

WILD DUCK (Without Wild Flavor)

Mrs. Evan Covington

1 tsp. soda
1 potato, quartered
1/2 onion
salt and pepper
crushed red pepper
pepper corns

1/4 onion
1/4 cooking apple
celery leaves
juice of 1/2 orange
bacon strips

Soak duck 1 hour in salted water to cover, to which soda has been added. Rinse duck. Put in pan of fresh water with

potato, pepper corns and 1/2 onion. Boil 30 to 45 minutes. Pour out water; wash duck and start all over again. Season cavity with salt, black pepper and red pepper. Insert 1/4 onion, apple and celery leaves. Place duck in roaster in 1-inch of water. Squeeze orange juice over duck. Lay a strip of bacon over the breast and salt and pepper.

Cover and cook in 275 degree oven for 3-1/2 to 4 hours. Baste often. Remove cover the last 1/2 hour to brown duck. Allow 1/2 duck per person.

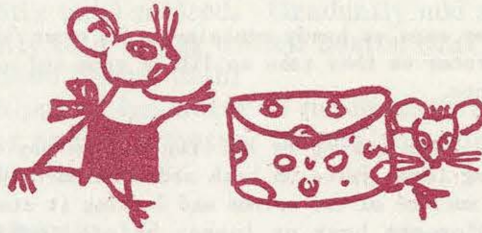
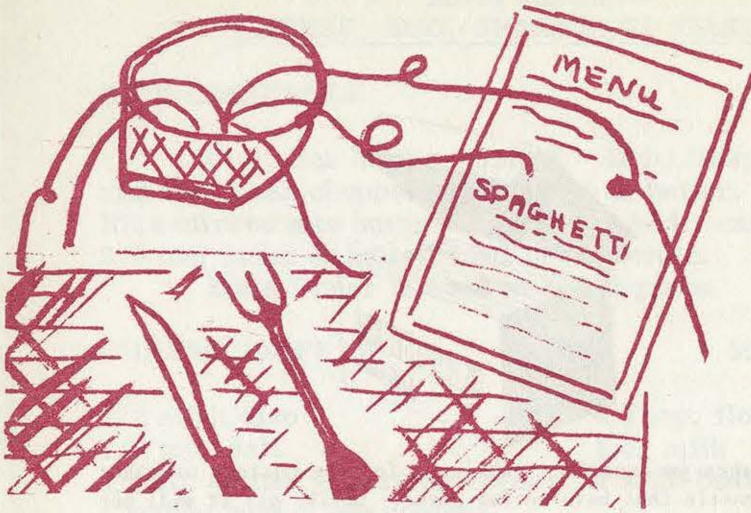
ALMOND-CONSOMME RICE

Wonderful served with game.

1 c. unwashed rice	3/4 stick butter
1 small pkg. blanched almonds	2 cans beef consomme
2 scant cans water	

Brown rice in butter in skillet. Add almonds and place in ungreased casserole. Cover with consomme and water. Bake, covered, for 1/2 hour. Stir. Bake, uncovered, for 45 minutes in 350 degree oven. Serves 6.

Write your extra recipes here:



MAIN DISHES

*Cheese, Egg , Spaghetti,
and Casserole*





Glycerin makes an excellent lubricant for egg beaters or other kitchen utensils that have moving parts. Unlike oil it will not spoil the taste of food if mixed with it by accident. The glycerin may be applied with a medicine dropper.

Chill cheese to grate it more easily.

Use paper cups as handy containers for your "drippings" in the refrigerator as they take up little room and can be thrown away when empty.

The odor from baking or boiling salmon may be eliminated by squeezing lemon juice on both sides of each salmon steak or on the cut surface of the salmon and letting it stand in the refrigerator for one hour or longer before cooking.

Time for cooking vegetables varies with the age of the vegetables and the hardness of the water. Altitude is also a factor. Test them by pricking with a fork.

The skins will remain tender if you wrap potatoes in aluminum foil to bake them. They are attractively served in the foil too.

It is important when and how you add salt in cooking. To blend with soups and sauces, put it in early, but add it to meats just before taking from the stove. In cake ingredients, salt can be mixed with the eggs. When cooking vegetables always salt the water in which they are cooked. Put salt in the pan when frying fish.

Use the type can opener that leaves a smooth edge and remove both ends from a flat can (the size can that tuna is usually packed in) and you have a perfect mold for poaching eggs.

MAIN DISHES--
CHEESE, EGG, SPAGHETTI, CASSEROLE

RICE CASSEROLE

Keith B. Bryant

One stick butter, melted. Add 1 Tbsp. chopped onion and small can chopped mushrooms to butter. One box Minute Rice stirred into butter 5 minutes. Add 1 can consomme plus 3/4 can water to butter. All in casserole.

Bake 1 hour in oven at 300 degrees.

CHEESE SOUFFLE

Mrs. R. O. Riddick

1/2 stick oleo	4 Tbsp. flour
1/2 tsp. salt	1 c. milk
1/2 lb. grated American cheese	4 well-beaten egg yolks
4 stiffly beaten egg whites	

Melt oleo in double boiler; add flour and salt and blend. Add milk; cook, stirring constantly until thick and smooth. Add cheese. Stir until melted. Gradually add sauce to egg yolks. Carefully fold in egg whites beaten stiff but not dry. Pour in ungreased baking dish.

Bake in pan of hot water in moderately slow oven (325 degrees) 1 hour and 15 minutes, or until mixture doesn't adhere to knife. Serves 6.

SURPRISE SOUFFLE

Mrs. J. C. Sides, Jr.

1/4 lb. bacon	1-1/4 c. (10-1/2 oz. can)
condensed tomato soup	1 c. shredded cheese
1 Tbsp. sugar	1/8 tsp. pepper (optional)
4 eggs	

Fry bacon until crisp; drain and crumble. In saucepan combine soup, cheddar cheese, sugar and pepper. Heat, stirring occasionally, until cheese melts. Stir in bacon. Blend a few Tbsp. of the hot mixture with egg yolks; add to tomato cheese sauce. Beat egg whites until stiff; fold into cheese mixture. Pour into casserole. Bake 35 to 40 minutes.

CHEESE FONDUE

Keith B. Bryant

Cut or break into small pieces: 1/2 lb. American cheese, 1/2 lb. pimienta cheese, 1/4 lb. Roquefort cheese. Add: 3 Tbsp. butter and 1 teaspoon Worcestershire sauce.

Cook and stir these ingredients over hot water. Work them to a smooth paste and whip them until they are fluffy. If the mixture is too stiff to spread, add a small amount of cream or mayonnaise.

Serve the fondue from chafing dish at once over hot toasted crackers, rusks, rye bread or melba toast.

RICE CASSEROLE

Mrs. Albert Thornton

1 c. uncooked rice
1 can onion soup

1 can beef bouillon
1 stick oleo

Mix ingredients and bake in slow oven (350 degrees) for about 45 minutes.

HAM AND RICE ORIENTAL

Mrs. J. C. Sides, Jr.

1 pkg. sliced ham (or cut
up leftover ham)
3 c. cold cooked rice
1 can (4 oz.) mushroom pieces

5 tsp. cooking oil
2 eggs, beaten
1/4 thinly sliced green onions
1 or 2 tsp. Soy Sauce

Saute meat lightly in oil; remove ham and add eggs to pan, turning to cook both sides. Remove eggs. Cut in strips and put aside. Put remaining 3 Tbsp. oil in pan; add rice. Saute 5 minutes, stirring frequently. Add meat, eggs, green onions, mushrooms. Cook minute to heat thoroughly. Add Soy Sauce; mix well and serve. (Note: use 1 Tbsp. oil for meat, 1 for egg).

SPAGHETTI SAUCE

Col. L. R. Lepicier
Aberdeen, Miss.

2 cans tomatoes (#3 cans)
2 cans tomato paste
1 can tomato soup
1 med. onion

3 slices salt pork
1 or 2 cloves garlic
olive oil
salt - black pepper

Fry salt pork until completely fried without burning in 4-quart pan; remove salt pork. Add tomatoes, paste and tomato soup, chopped onions, garlic, olive oil and seasoning. Bring to quick boil and reduce heat to a simmer. Simmer for 6 hours, stirring occasionally to prevent sticking to bottom of pan.

1-1/2 lbs. ground beef

1 med. onion
1 clove garlic

One hour before serving, place 1/3 cup olive oil in skillet.

Chop onions and garlic; add to ground beef and fry in olive oil. Do not over-cook... add to sauce and allow to set for about half an hour.

Serve over cooked spaghetti with Parmesan cheese, grated.

Write your extra recipes here:

Write your extra recipes here:



Vegetables



BUYING GUIDE

Fresh vegetables and fruits

Experience is the best teacher in choosing quality but here are a few pointers on buying some of the fruits and vegetables.

Asparagus.—Stalks should be tender and firm, tips should be close and compact. Choose the stalks with very little white—they are more tender. Use asparagus soon—it toughens rapidly.

Beans, snap.—Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Berries.—Select plump, solid berries with good color. Avoid stained containers, indicating wet or leaky berries. Berries such as blackberries and raspberries with clinging caps may be underripe. Strawberries without caps may be too ripe.

Broccoli, brussels sprouts, and cauliflower.—Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate insects.

Cabbage and head lettuce.—Choose heads heavy for size. Avoid cabbage with worm holes, lettuce with discoloration or soft rot.

Cucumbers.—Choose long, slender cucumbers for best quality. May be dark or medium green but yellowed ones are undesirable.

Melons.—In cantaloups, thick close netting on the rind indicates best quality. Cantaloups are ripe when the stem scar is smooth and space between the netting is yellow or yellow-green. They are best to eat when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, grapefruit, and lemons.—Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken, or soft areas.

Peas and lima beans.—Select pods that are well-filled but not bulging. Avoid dried, spotted, yellowed, or flabby pods.

Root vegetables.—Should be smooth and firm. Very large carrots may have woody cores, oversized radishes may be pithy, oversized turnips, beets, and parsnips may be woody. Fresh carrot tops usually mean fresh carrots, but condition of leaves on most other root vegetables does not indicate degree of freshness.

Sweetpotatoes.—Porto Rico and Nancy Hall varieties—with bronze to rosy skins—are soft and sweet when cooked. Yellow to light-brown ones of the Jersey types are firmer and less moist.

VEGETABLES

BROCCOLI RING

Kay Peeples

2 boxes frozen broccoli
1 c. milk
3 Tbsp. flour
3/4 c. mayonnaise

3 eggs, beaten
3 Tbsp. butter
1/2 tsp. salt

Cook broccoli. Drain. Mash with fork. Add beaten eggs and white sauce, salt and a little cayenne pepper. Add mayonnaise. Put in 8-inch ring mold.

Bake until firm at 350 degrees for 45 minutes to 1 hour. Put baby beets in center and serve.

GARLIC POTATOES

Greek P. Rice
Richmond, Virginia

Boil 4 large Idaho potatoes in jackets. Cool, dice and salt.

Sauce:

3 c. milk
3/4 stick butter

5 Tbsp. flour
salt and pepper, to taste

Cook in double boiler until sauce consistency. Add 1/2 roll garlic cheese, diced. Stir until well blended in sauce, then add 1 onion, grated; 3 chopped hard boiled eggs.

Mix sauce and potatoes and pour into buttered casserole. Cover with grated cheese (hoop or whatever you have) and bake at 350 degrees until casserole is hot enough to bubble.

"Now eat!"

ITALIAN GREEN BEANS

Mrs. Irene D. Learned

2 cans French beans, drained
1 c. vinegar
1 c. Wesson oil

7 buttons garlic (cut and tied
in bag) I used garlic salt
1 c. sugar

Put garlic in bowl; add drained beans and pour liquid over. Store in ice box in covered bowl for 24 hours to 36 hours. Drain. Serve cold. Save liquid for another batch. Stir beans about twice a day.

ASPARAGUS CASSEROLE

Mrs. Perkins Bell

2 cans asparagus, drained

4 hard-boiled eggs

Make a cheese sauce by melting 2 Tbsp. margarine and adding 2 Tbsp. flour; mix well. Add 2 cups of milk and cook until thickened. Then add 1 cup of grated cheese.

Put asparagus in casserole and slice eggs over top. Salt and pepper to taste. Add cheese sauce. Cook about 20 minutes at 350 degrees.

ASPARAGUS CASSEROLE

Keith B. Bryant

1 large can asparagus tips	1/2 lb. grated cheese
1-1/2 c. cracker crumbs	1/2 c. almonds
1/2 c. butter	1 can mushroom soup

Grate cheese and mix well with cracker crumbs. Add liquid from asparagus to mushroom soup. Put layer of bread crumbs and cheese in bottom of casserole; layer of asparagus; sprinkling of nuts; cover with dough. Repeat until all ingredients are used. Put layer of bread crumbs and cheese on top. Decorate with whole blanched almonds and dot with butter.

Bake in 350 degree oven 30 minutes. This is better prepared the day before.

BROCCOLI CASSEROLE

Mrs. Ivan Covington

3 boxes frozen broccoli, cooked	1 can mushroom soup
	2 rolls sharp cheese
	1 roll garlic cheese*

(*American cheese can be used. Omit garlic cheese and add grated onion.)

1 c. cream	1 can mushrooms
1-1/2 c. bread crumbs	

Make sauce with soup, cream and cheese. In casserole, put layer of broccoli, mushrooms, crumbs, sauce. Continue until all is used. Bake in 320 degree oven 15 or 20 minutes.

ENGLISH PEA CASSEROLE

Mrs. W. E. Swearengen

1 can Green Giant English peas	1 can mushroom soup
2 or 3 stalks celery, chopped	1 pimienta, chopped
1 heaping tsp. flour	1 Tbsp. butter

Drain juice from peas and cook onion and celery in juice until dry; add butter and flour, then add soup and pimienta. Put

mixture in greased casserole and cover with buttered crumbs. Bake in moderate oven.

BAKED EGGPLANT PARMIGIANA

Mrs. J. C. Sides, Jr.

1 large eggplant	3-4 tsp. cooking oil
1 can (about 1 lb.) tomatoes	1 can (6 oz.) tomato paste
1 Tbsp. salt	1 can (3-4 oz.) mushrooms, drained
1/2 c. soft bread crumbs	1/2 c. Parmesan cheese
1/2 lb. cheese (Cheddar or Mozzarella) thinly sliced	

Cut eggplant in half lengthwise; scoop out interior, leaving 1/4-inch shell. Cut scooped out portion into 1-inch cubes; saute in oil 5 minutes (or until tender); save. Combine salt, tomatoes, tomato paste in saucepan. Simmer 15 minutes. Stir in mushrooms, Parmesan cheese and bread crumbs; mix well. Add eggplant; heat.

Spoon 1/4 mixture into each eggplant shell. Top with Mozzarella or Cheddar cheese slices; add remaining tomato mix. Put remaining cheese on top and bake for 1/2 hour in 375 degree oven or until cheese melts and is good and brown.

EASY CORN PUDDING

Mrs. R. O. Riddick

1 can white cream-style corn	2 eggs
1/2 c. milk	1 tsp. bacon fat

Grease baking dish with bacon fat. Put corn into dish. Break in eggs and stir until mixed. Pour in milk and blend well. Put dish in pan of hot water and bake 1 hour in 350 degree oven. Serves 4 to 6.

ORANGE-POTATO CUPS

Mrs. Aubrey Williams

Cut orange in half. Hull orange pulp out. Cook yams until tender; add:

1 c. sugar	1 c. cocoanut
1 egg	1/2 c. crushed pecans
1 Tbsp. margarine	

Mix above ingredients well and add to cooked yams that have been creamed. Put mixture back into orange cups and sprinkle cocoanut on top.

Bake about 40 minutes at 370 degrees.

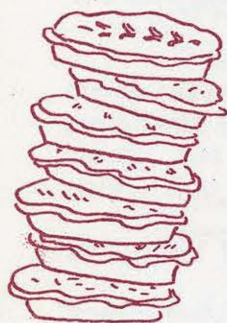
PINEAPPLE BEETS

Mrs. Fred McCormack

- | | |
|--|------------------------|
| 1 (13-1/2 oz.) can pineapple
chunks | 1/2 c. water |
| 4 Tbsp. brown sugar | 1/3 c. cider vinegar |
| 1/2 tsp. salt | 1 Tbsp. cornstarch |
| 2 (1 lb.) or 4 c. tiny cooked
or canned beets, drained (canned) | 1/8 tsp. ground ginger |

Drain syrup from pineapple and mix with water and vinegar. Mix sugar, cornstarch, salt and ginger. Add vinegar mixture. Cook until thickened, stirring constantly. Add beets, then heat to boiling. Just before serving, add pineapple.

Write your extra recipes here:



Bread, Rolls Pies and Pastry





If a cracked dish is boiled for 45 minutes in sweet milk, the crack will be so welded together that it will hardly be visible, and will be so strong it will stand the same usage as before.

Put a layer of marshmallows in the bottom of a pumpkin pie, then add the filling. You will have a nice topping as the marshmallow will come to the top.

Dip your bananas in lemon juice right after they are peeled. They will not turn dark and the faint flavor of lemon really adds quite a bit. The same may be done with apples.

A leaf of lettuce dropped into the pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

To prevent splashing when frying meat, sprinkle a little salt into the pan before putting the fat in.

If the juice from your apple pie runs over in the oven, shake some salt on it, which causes the juice to burn to a crisp so it can be removed.

Add a little vinegar to the water when an egg cracks during boiling. It will help seal the egg.

Small amounts of left over corn may be added to pancake batter for variety.

Use a strawberry huller to peel potatoes which have been boiled in their 'jackets'.

To make bread crumbs, use fine cutter of the food grinder and tie a large paper bag over the spout to prevent flying crumbs.

BREAD, ROLLS, PIES, PASTRY

BLUEBERRY PIE

Mrs. Ruth Smith

Make graham cracker crust:

1/4 c. butter
1-1/2 c. cracker crumbs

1/2 c. sugar

Cream:

1 8-oz. pkg. cream cheese
1/2 c. sugar

1 3-oz. pkg. cream cheese
2 eggs

Pour over crust and bake 15 minutes at 350 degrees. Drain juice of #2 can blueberries. Mix juice with 1/2 cup of sugar and 2 Tbsp. cornstarch and juice of 1 lemon. Cook until thick. Let cool and add berries. Pour over cream cheese mixture. Top with whipped cream.

DIVINITY LEMON PIE

Mrs. S. R. McMurry

3 eggs
3 Tbsp. hot water
1/8 tsp. salt

2 lemons
1 c. sugar

Beat egg yolks very lightly. Add juice of 1 lemon and rind of 2 lemons, hot water, salt 1/2 cup sugar. Cook in double boiler until thick. Beat egg whites until stiff. Add remainder of sugar to the egg whites and fold into cooked mixture. Fill a pie shell that has been baked. Place pie in oven at 350 degrees until brown. Top with whipped cream.

CHEESE CAKE

Mrs. Ruth Smith

1 pkg. lemon jello

1 c. boiling water

Mix and let jell. Cream 1 large package cream cheese with fork; add 1 cup sugar and 1 teaspoon vanilla. Mix with jello.

Whip 1 large can Pet milk which has been chilled. Mix with cream cheese mixture. Crush 1 box graham crackers. Use 1 stick oleo, 1 Tbsp. confectioners sugar to mix with crumbs. Use half on bottom of pan and half on top.

Chill and cut in squares.

CARAMEL PIE

Mrs. Aubrey Williams

1-2/3 c. milk

1 c. white sugar *

(Brown 1/2 cup of sugar in black skillet.)

Mix together: 3 egg yolks, slightly beaten and 5 Tbsp. flour. Add milk and sugar to egg mixture. Add sugar that has been browned. Cook in double boiler until it thickens. Add 1 Tbsp. butter.

Pour above mixture into baked pie shell. Top with meringue. Bake in 350 degree oven for 12 to 15 minutes.

EGG CUSTARD

Mrs. Ruth Smith

1 c. sugar

1 Tbsp. cornstarch

3 whole eggs

dash of salt

1/2 tsp. nutmeg

1/2 stick butter

1/2 c. Pet milk

1-1/2 c. milk

Mix sugar and cornstarch. Add Pet milk and mix into paste. Add eggs, then milk, nutmeg and butter cut into small pieces. Bake in uncooked pie shell at 350 degrees for about 45 minutes or until set.

SOUR CREAM APPLE PIE

Mrs. Ervin Sayle, Jr.

Roll out dough for a 9-inch pie. Flute edges and set aside. Beat together:

1 c. dairy sour cream

2 Tbsp. flour

3/4 c. sugar

1/4 tsp. salt

1 tsp. vanilla

1 egg

Stir in 3 cups diced tart apples. Mix well and pour into the unbaked pie shell. Bake at 400 degrees for 25 minutes. While pie is cooking, combine:

1 c. brown sugar

1/3 c. flour

1/4 c. butter or margarine

Sprinkle on top of the pie and bake an additional 20 minutes. Serve hot or cold.

(I think this recipe is excellent -- it is my favorite.)

ROYAL PECAN PIE

Mrs. Walter Taylor
Olive Branch, Miss.

Mix: 1 cup sugar, and $\frac{3}{4}$ cup corn syrup (green label and red label Karo mixed). Add: $\frac{1}{4}$ cup butter or margarine and bring to boil.

Beat 3 eggs and gradually add boiled mixture. Add:

1 c. pecans	dash of salt
1 tsp. vanilla	

Pour into unbaked pie shell and bake at 375 degrees until firm (approximately 45 minutes).

KARO PECAN PIE

Mrs. R. M. McCulley,
Mrs. Walter Sullivant, Mrs. Arny M. Murphey

3 eggs, slightly beaten	
1 c. Karo (white)	1 c. sugar
1 tsp. vanilla	1 c. pecans (chopped)
1 stick margarine	

Mix the above ingredients together. Pour into an unbaked pie shell and bake in a 375 degree oven for approximately 10 minutes and reduce heat to 325 degrees and continue baking for about 45 minutes or until pie is set. Put a pan of water on the rack above the pie to keep the pecans from browning too fast.

PECAN PIE

Mrs. S. A. Swearengen

$\frac{1}{3}$ c. butter (melted)	$\frac{3}{4}$ c. firmly packed
1 c. dark corn syrup	brown sugar
1 c. pecan halves	1 tsp. vanilla
$\frac{1}{2}$ tsp. salt	3 eggs

Cook at 450 degrees 10 minutes. Reduce heat to 350 degrees and bake 30 minutes.

"YUMMY" PIE

Mrs. Ivan Covington

Makes two pies; serves 16.

2 baked pie shells (with pecans in bottom)	1 large pkg. Dream Whip, (2 envelopes)
1 8-oz. pkg. cream cheese, (room temperature)	1 can pie filling (blueberry, cherry, or strawberry)
2- $\frac{1}{2}$ c. powdered sugar	1 tsp. almond extract

Sprinkle chopped pecans in bottom of pie shells and bake

as usual. Mix cream cheese, sugar and almond flavoring in bowl. In another bowl, fix Dream Whip as directed. Fold cream cheese and Dream Whip mixture. Pour in cool pie shells. Chill. Spoon pie filling over top. Chill several hours.

FRUIT PIE

Mrs. Elizabeth Rice
Richmond, Virginia

1 baked pie shell; cool	1 can Eagle Brand sweetened condensed milk
1/2 c. lemon juice	1 can (13-1/2 oz.) pineapple tidbits
2 bananas, diced	1 Tbsp. gelatin
6 or 8 maraschino cherries, cut up	2 tsp. cherry juice
1/4 c. cold water	

Soak gelatin in cold water for 5 minutes; dissolve over hot water. Add lemon juice to Eagle Brand milk; add gelatin, fruit and cherry juice. Pour in pie shell and chill. Serve with whipped cream.

CHERRY CREAM PIE

Mrs. Tom Pugh
Hilda Wilson

1 3-oz. pkg. cream cheese	1 c. confectioners sugar
1/2 pt. whipping cream, whipped	1 tsp. vanilla
	1 can cherry pie filling, chilled

Mix and cream well cream cheese and confectioners sugar. Add vanilla. Fold whipped cream into cream cheese mixture. Pour into baked pie shell. Just before serving, top with cherry pie filling.

PINEAPPLE ICE-BOX PIE

Mrs. Lawrence Mason

2 egg yolks, well-beaten	juice of 1-1/2 or 2 lemons
1 small can crushed pineapple	1 can Eagle or Dime Brand milk

Mix well; pour in baked pie shell. Cover with meringue and brown. Place in refrigerator and chill well.

QUICK FRUIT COBBLER

Mrs. M. M. Randolph

1/4 lb. butter or margarine	1 c. flour
1 c. sugar	1/3 tsp. baking powder
dash of salt	2/3 c. milk
2-1/2 c. sweetened desired fruit	

Melt butter in baking dish. Mix all other ingredients except fruit to make a smooth batter. Pour batter over butter. Do not stir. Add fruit and juice. Do not stir. Place in 350 degree oven for about 35 to 40 minutes or until brown.

Yield: 4 to 6 servings.

CHOCOLATE PIE

Mrs. Chelsie Boland

1-1/2 c. sugar
3 Tbsp. cocoa
2-1/2 c. milk
3 Tbsp. butter or oleo
1 baked 9-inch shell

1/2 c. flour
1/4 tsp. salt
3 yolks, slightly beaten
1-1/2 tsp. vanilla

Combine sugar, flour and salt in top of double boiler. Add milk and beaten egg yolks, mixing thoroughly. Place over rapidly boiling water. Cook 10 minutes or until thick, stirring constantly. Remove from heat. Add butter and vanilla. Cool.

Turn into baked pie shell. Add meringue which consists of 3 egg whites and a pinch of salt. Beat until stiff. Then add gradually 3 Tbsp. of sugar and 1/2 teaspoon of vanilla. Spread on pie and brown.

CHOCOLATE PIE

Mrs. C. V. Beadles, Sr.

By: Miss Margaret Armstrong

1 c. sugar
2 Tbsp. flour
3 egg yolks
1 Tbsp. butter
2 tsp. vanilla

2 Tbsp. cocoa, or 2 sq.
chocolate
1 egg white, beaten well
1 c. milk

Scald milk; add to other ingredients and cook until thick. Pour into baked pie shell. Make meringue of 2 egg whites and 4 Tbsp. sugar. Bake in 350 degree oven until nicely browned.

FROZEN LEMON PIE

Mrs. Jack T. Hartzell

1 c. sugar
1 can Pet milk (large)
vanilla wafer or graham cracker
crust

juice of 2 lemons (rind of one,
if you like lemon)

Combine sugar and lemon. Set aside. Thoroughly chill (ice crystals) Pet milk. Whip it until it is stiff as whipped cream. Add sugar and lemon slowly to whipped milk, then pour into crust. Freeze and serve. For an added touch, sprinkle crumbs lightly over top.

P. S. I have

kept this in deep freeze for a week and it is just as good as the first time it is cut.

CARAMEL PIE

Mrs. H. E. Wamble, Sr.

1-1/2 c. sugar (brown 1/2 c.)	3 Tbsp. flour (rounded)
pinch of salt	3/4 c. sweet milk
2 large eggs (3 small)	pecans (optional)

Mix sugar, flour, salt; add 1/2 of milk and mix well. Add to this egg yolks; mix thoroughly. Add remainder of the milk. Cook on low flame as the 1/2 cup sugar browns. Pour melted brown sugar into boiling mixture. Cook until thick. Add 2 Tbsp. butter and 1 teaspoon vanilla. Add 1/2 cup chopped pecans. Pour into baked pie crust. Top with meringue.

Bake in oven set at 325 degrees. Beat egg whites until stiff. Add 2 Tbsp. sugar for each egg. Continue beating until stiff.

FRENCH COCOANUT PIE

Mrs. Willard Williams

1 stick butter	1-1/2 c. sugar
1 tsp. vanilla	3 eggs
1 Tbsp. vinegar or lemon juice	1 c. cocoanut
1 9-inch pie shell, unbaked	

Blend butter, sugar and eggs. Add vinegar and cocoanut; mix well. Turn into pie shell. Bake for 1 hour at 325 degrees, or until done.

BLUEBERRY PIE

Mrs. James V. Goodnight

Crust:

1/4 lb. saltine crackers, crushed fine	1/3 c. sugar 1/4 lb. soft oleo
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Mix well; press into bottom of 9x13-inch pan. Bake 15 minutes at 375 degree oven; cool.

1 8-oz. pkg. cream cheese	2 c. powdered sugar
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Cream cheese and sugar together until smooth. Prepare 1 package Dream Whip as directed on box, leaving out vanilla. Fold into cheese mixture. Spread on crust. Add 2 Tbsp. lemon juice to 1 can blueberry pie filling. Spread on top of cheese layer. Chill several hours. Serve cut into small squares.

SWEET POTATO PIE

Mrs. Annie T. Williams
Mrs. Estelle Spear2 eggs
1 tsp. salt
1 tsp. ground cinnamon
2 Tbsp. butter
1 unbaked 8-inch pie shell1 c. sugar
1/8 tsp. ground nutmeg
1 c. milk
1-1/2 c. cooked mashed
sweet potatoes

Beat eggs slightly. Add sugar, salt, spices and milk. Add butter or margarine to mashed sweet potatoes and blend with milk and egg mixture. Pour into unbaked pie shell and bake at 450 degrees for 10 minutes. Reduce heat to 350 degrees and bake 30 to 40 minutes.

FROZEN ORANGE JUICE PIE

Mrs. R. F. Rowsey, Jr.

Use frozen orange juice diluted according to directions. Mix in saucepan:

1 c. sugar

3 1/2 Tbsp. cornstarch

stir in gradually: 1-1/2 c. orange juice

Cook over moderate heat, stirring constantly until mixture thickens. Boil 1 minute. Remove from heat. Beat a little of hot mixture into 2 large egg yolks (slightly beaten). Then beat into remaining hot mixture. Return to heat and boil 1 minute, stirring constantly. Remove from heat. Continue stirring until smooth. Blend in: 2 Tbsp. butter.

Pour into baked 8-inch pie shell. When cool, cover with meringue. Bake in moderately hot oven until brown (350 degrees) for about 12 to 15 minutes.

CHESS PIE

Mrs. Elgenia Seale
Mrs. Jake Joiner1-1/2 c. sugar
1 Tbsp. cornstarch
1/4 c. buttermilk1/2 c. butter
4 eggs
1 tsp. vanilla

Mix cornstarch and sugar. Then cream butter and sugar. Add well-beaten eggs, then milk. Bake in uncooked pie crust. Bake in 350 degree oven for 45 minutes, or until set.

CHESS PIE

Mrs. Mary Ellis

3 eggs
3/4 stick butter2-1/2 c. sugar
4 Tbsp. water, cold

vanilla to taste

Mix well. Cook slowly. Take from oven while it still shakes some. Will thicken as it cools.

LEMON CHESS PIE

Mrs. Albert Thornton

2 c. sugar	1 Tbsp. flour
1 Tbsp. cornmeal	4 eggs, unbeaten
1/4 c. melted butter or oleo	2 Tbsp. grated lemon rind
1/4 c. lemon juice	

Mix and pour into unbaked pie shell. Bake at 375 degrees for 40 minutes.

ORANGE-GLAZED CHEESE PIE

Mrs. Fred McCormack

1 unbaked 9-inch pie shell	11 oz. cream cheese
2 eggs	1/2 c. sugar
1 tsp. grated orange rind	1/2 tsp. vanilla extract

Orange Glaze:

1-1/2 tsp. unflavored gelatin	1/2 c. water
3 tsp. sugar	1/4 tsp. salt
1/4 c. frozen orange juice, concentrate, thawed and undiluted	

Bake pie shell in 425 degree oven for 10 minutes. Remove from oven. Lower oven temperature to 350 degrees. Meanwhile, with electric beater, whip cream cheese until smooth; add eggs, one at a time, beating well after each addition. Continue beating on low speed. Gradually add 1/2 cup sugar, rind and vanilla.

Pour into pie shell and bake at 350 degrees for 20 minutes. Remove from oven. Cool briefly and then chill in refrigerator until set. When thoroughly chilled, spread orange glaze.

Orange Glaze: In small saucepan, combine gelatin, water, sugar and salt. Heat over very low flame, stirring constantly until gelatin is dissolved. (Do not boil.) Remove from heat; add orange juice concentrate. Let cool to room temperature. Pour over chilled pie. Refrigerate 1 hour before slicing.

BASIC QUICK MIX

Marie Childers

8 c. sifted all-purpose flour	1 c. nonfat dry milk solids
1-3/4 c. shortening	2 tsp. salt

1/4 c. baking powder

Sift dry ingredients together three times. Cut in shortening until thoroughly mixed. Looks like coarse corn meal. Lift mix lightly into glass jar or tin can. Do not pack. Close tightly and store on shelf.

Biscuits: 2 cups milk, 1/2 cup water. Combine just until dough follows fork around bowl. Turn out on floured board; knead a few times. Roll to about 1/2-inch thickness.

Griddle Cakes: Mix in this order: 2 cups mix, 1 cup water, 2 eggs, 1/4 cup melted butter or margarine. Stir until well blended. Cook on hot greased griddle. Makes 12 to 18 cakes.

Muffins: Mix 2 cups biscuit mix, 1 or 2 Tbsp. sugar, 1 cup water, 1 well-beaten egg. Stir only enough to dampen all the flour. Bake in well-greased muffin tins in moderately hot oven (425 degrees) about 20 minutes. Makes about 12 medium-size muffins.

Nuf Bread: 3 cups mix; add 1/2 cup sugar, 1/2 cup chopped nuts, 1 cup water and 1 well-beaten egg. Mix until well blended. Pour into well-greased loaf pan and bake about 1 hour in a moderate oven (350 degrees).

Quick Yellow Cake: Blend 3 cups basic quick mix and 1 cup sugar. Beat 2/3 cups water and 2 eggs together. Add with 1 teaspoon vanilla to dry ingredients. Beat about 2 minutes, or until well blended. Pour batter into two greased 8-inch layer cake pans. Bake at 350 degrees about 20 minutes.

ANGEL FLUFF BISCUIT

Mrs. E. E. Stidham

Sift:

4 c. flour
3 tsp. baking powder

1 Tbsp. sugar
1 oval teaspoon salt

Sift all above ingredients into bowl and add:

1 c. shortening (work in)
1 pkg. yeast (which has been
dissolved in 2 Tbsp. warm
water--this should be done before you start mixing other
ingredients.)

2 c. buttermilk (dissolve 1 tea-
spoon soda in it)

Add more flour to make into a workable dough. Knead and either roll out as for biscuits or make into balls as for rolls. Use enough needed for a meal and place remainder of dough in covered bowl in refrigerator. First day needs only 30 minutes or so to rise, but next time make out and leave in kitchen for several hours.

TWO HOUR ROLLS

Mrs. Paul D. Smith

1 c. lukewarm water
2 Tbsp. sugar
2/3 c. shortening

1 pkg. dry yeast
1/4 tsp. salt

Soften yeast in warm water; add sugar and salt. Add shortening which is at room temperature; mix enough all-purpose flour (not self-rising) to make a dough just right to roll out. Cut with cutter -- do not twist cutter -- just press down and place on greased sheet. Let rise only 2 hours. Bake at once in 400 degree oven.

Never make more than enough for one meal; if recipe is too much, make half a recipe; it works fine. These rolls are good re-heated in foil.

BUTTERMILK MUFFINS

Mrs. Liz Bell

2 eggs
1/2 c. vegetable oil
2 scant tsp. baking powder
1/4 tsp. salt

2/3 c. buttermilk
1-1/3 c. flour
1/2 tsp. soda

Combine eggs, lightly beaten with buttermilk and vegetable oil. Stir in quickly sifted flour with baking powder, salt and soda. Spoon the batter into buttered and floured muffin tins and bake in a hot oven (400 degrees) until they are lightly browned.

Variation: Add 2 Tbsp. sugar and 1 teaspoon grated orange rind to dry ingredients. Makes 12 muffins.

ICE BOX ROLLS

Mrs. C. M. Randolph

2 c. milk
1/2 c. shortening
6-1/2 to 7 c. all-purpose flour

1 tsp. salt
1/2 c. sugar
1 pkg. yeast, dissolved in
1/2 c. warm water

Heat milk, sugar and shortening to the boiling point. Do not boil. Cool to warmth of water. Add yeast that has been

dissolved in the warm water. Work in flour and let rise about 2 hours or until doubled in size. Put in greased bowl and set in refrigerator. Use as needed. Work down every day.

ICE BOX ROLLS

Mrs. E. M. Horton

1/3 c. sugar
1-3/4 c. warm water
1 Tbsp. salt
1 envelope yeast

1/2 c. melted shortening
5 c. flour
1 unbeaten egg white

Put yeast in 1/4 cup water. Let stand. Measure 1-1/4 cup warm water in mixing bowl; add sugar, salt, melted fat. Stir until sugar is melted. Add yeast and unbeaten egg white. Stir. Add 5 cups flour. If too stiff, add a little water. Put in refrigerator at least 1 hour. Better to stay overnight.

DELICIOUS ROLLS

Nancy Kimbrough

1 pkg. yeast
1/2 c. sugar
1 Tbsp. salt
1 tsp. soda

1 pt. milk (2 c.)
3/4 c. shortening
2 tsp. baking powder
flour to make just right

Boil milk, sugar and shortening. Cool until lukewarm. Add yeast dissolved in 1-1/2 Tbsp. warm water, then add flour - enough to make soft batter (like batter cakes).

Let rise 1-1/2 hours, then add salt, baking powder, soda and flour - enough for fairly stiff dough. Place in refrigerator. About 2 hours before eating, roll out (biscuit thickness). Let rise until baking time. Bake on 6th shelf at 400 degrees.

PATSY'S ROLLS

Patsy George

1 pkg. yeast
1 c. warm water

1 tsp. sugar

Mix together in small bowl.

2 c. milk, scalded
1/2 c. sugar
2 tsp. baking powder

2 sticks margarine
1 Tbsp. salt

Add scalded milk to other ingredients in a large bowl. When cool, add yeast mixture and enough flour to make a soft dough. Place in refrigerator overnight.

JALAPENO CORNBREAD

Mrs. William H. Peeples

- | | |
|--|-----------------------------|
| 1 c. buttermilk | 1 c. yellow cornmeal |
| 2 eggs | 2 tsp. baking powder |
| 1/4 tsp. soda | 1/2 c. grated yellow cheese |
| 1 med. onion, chopped | 1 c. cream-style corn |
| 1 Jalapeno pepper, chopped,
(2, if you like it hot) | 2 Tbsp. cooking oil |
| | 2 tsp. salt |

Mix and bake in greased pan 8-inches square for thick cornbread. Use larger pan for thinner bread. Bake at 350 degrees for 1 hour.

SAUSAGE ROLL

Mrs. Walter Sullivant

- | | |
|-----------------------|-----------------------------|
| 2 c. flour | 1/2 tsp. salt |
| 3 Tbsp. baking powder | 5 Tbsp. shortening |
| 2/3 c. milk | 1 lb. well-seasoned sausage |

Prepare all ingredients except sausage as you would for biscuit dough. Separate dough in two parts. Roll each part separately on a floured board, until about 1/4-inch thick. Sausage should be at room temperature. Spread sausage very thick over dough. Roll up as you would for a jelly roll. Wrap in waxed paper and chill in refrigerator. When ready to serve, slice in about 1/3-inch thick slices and bake in 450 degree oven about 5 minutes.

APRICOT NUT BREAD

Mrs. William H. Peeples

Makes 1 loaf.

- | | |
|-----------------------------------|---|
| 1-1/2 c. sifted all-purpose flour | 2 tsp. baking powder |
| 1/2 tsp. soda | 1 tsp. salt |
| 1/2 c. sugar | 1 c. rolled oats (quick or old-
fashioned, uncooked) |
| 1 c. chopped dried apricots | 2 eggs, beaten |
| 1/2 c. chopped nutmeats | 1-1/4 c. milk |
| 1/3 c. liquid shortening | |

Heat oven to 350 degrees. Sift together flour, baking powder, soda, salt and sugar into bowl. Stir in oats, apricots, and nutmeats. Add eggs, shortening and milk; stir only until dry ingredients are moistened. Pour batter into greased 8-1/2 x 4-1/2 x 2-1/2 inch loaf pan. Bake in preheated oven 350 degrees about 1 hour. Cool several minutes; turn out of pan.

PASTRY FOR 4 PIES

Mrs. Ruth Smith

3 c. flour
1/2 tsp. salt

1 c. shortening
1 egg

Mix flour and shortening until it feels like coarse meal. Break egg in cup. Add enough water to make 1/2 cup; mix well with fork. Pour into flour mixture and mix. Knead and roll on board. This can be stored for several days.

PASTRY

Mrs. Ivan Covington

9-inch, double-crust pie.

1-1/2 c. flour
1/2 c. shortening

1/2 tsp. salt
4 to 5 Tbsp. cold water

Sift flour and salt; cut in shortening with two knives or pastry blender until mixture is the size of small peas. Add water a tablespoon at a time, mixing and pressing ingredients together with fork until dough is just moist enough to hold together. Chilling the dough facilitates handling.

Write extra recipes here:

Write your extra recipes here:



Cakes, Cookies, and Icings



Worth Remembering

▲ A pie crust will be more easily made and better if all the ingredients are cool.

▲ The lower crust should be placed in the pan so that it covers the surface smoothly. And be sure no air lurks beneath the surface, for it will push the crust out of shape in baking.

▲ Folding the top crust over the lower crust before crimping will keep the juices in the pie.

▲ In making custard type pies, bake at a high temperature for about ten minutes to prevent a soggy crust. Then finish baking at a low temperature.

▲ Fill cake pans about two-thirds full and spread batter well into corners and to the sides, leaving a slight hollow in the center.

▲ The cake is done when it shrinks slightly from the sides of the pan or if it springs back when touched lightly with the finger.

▲ After a cake comes from the oven, it should be placed on a rack for about five minutes. Then the sides should be loosened and the cake turned out on rack to finish cooling.

▲ Cakes should not be frosted until thoroughly cool.

▲ Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

CAKES, COOKIES, ICINGS

JAM CAKE

Mrs. Ralph Peeples

Cream: 1-3/4 cups sugar and 1 cup butter. Add:

4 eggs	1 tsp. cinnamon
1 tsp. nutmeg	1/2 tsp. cloves
1 c. buttermilk	3 c. flour
1 tsp. soda, dissolved in a little water	1 c. nuts
1 tsp. vanilla	1 c. blackberry jam (use 1 cup of the flour to flour these two)

Bake 30 minutes or more in 325 degree oven.

Lemon Icing for Jam Cake:

2 eggs	2 c. sugar
2 c. milk	2 Tbsp. flour
juice and rind of 2 lemons	

Cook until thick, either in double boiler or stirring constantly over heat.

OLD FASHIONED LEMON JELLY CAKE- Mrs. G. W. Armstrong

(1-2-3-4 Cake)

1 c. butter	1 c. milk
2 c. sugar	3 c. flour
4 eggs	2 tsp. baking powder
2 tsp. vanilla	

Cream butter and sugar. Add eggs, beating after each. Sift flour and baking powder together and add alternately with milk. Add vanilla and bake in layers in 350 degree oven. I make five thin layers for this cake.

Lemon Jelly Filling:

2 c. sugar	4 eggs, well-beaten
juice of 4 lemons and grated rind of 2	4 Tbsp. butter

Cook until clear and jelled, stirring constantly. Cool before spreading between layers and on top of cake.

Sift 2-1/4 cups cake flour, 3-1/4 tsp. baking powder, 1 teaspoon salt and 1-1/2 cups sugar.

Add: 1/2 cup quick mix shortening and 2/3 cup milk. Beat for 2 minutes.

Add: 1/3 cups milk, 1/2 cup egg whites (unbeaten) and 1 teaspoon vanilla. Beat for 2 minutes.

Pour into two well-greased and lightly floured 8 or 9-inch layer pans at least 1-1/4 inches deep. Bake in moderate oven (350 degrees) 25 to 35 minutes. Ice with cooked Fluffy Frosting.

Cooked Fluffy Frosting:

2 egg whites, unbeaten
1-1/2 c. sugar
2 tsp. white Karo

dash of salt
1/3 c. water
1 tsp. vanilla

Mix well with beater (except the vanilla which will be added after removing from heat) all ingredients in top of double boiler. Cook for 7 minutes, beating all the while (it should stand in stiff peak); beat until thick enough to spread. Cover bottom layer of cake with icing, sprinkle on cocoanut, put top layer in place and cover sides and top layer with icing and cocoanut.

FUDGE CAKE

Mrs. George Miller Jr.

2 c. sugar
5 eggs, beaten
1 c. cocoa
1 tsp. vanilla

1/2 lb. butter
1 c. flour
2 c. nuts, chopped

Sift cocoa and flour together. Cream sugar and butter. Add remaining ingredients. Pour into greased 8x12x2-inch pan. Bake for 30 minutes at 350 degrees. Let stand for 10 minutes before removing from pan.

Icing:

6 Tbsp. evaporated milk
1 lb. powdered sugar
3 Tbsp. cocoa

1 Tbsp. (heaping) butter
1 tsp. vanilla

Bring milk and butter to a boil; remove from heat. Add sugar and cocoa which have been sifted together. Add vanilla. Spread on cake and cut in squares.

MELT-IN-MOUTH CHOCOLATE CAKE Miss Lummie Riddick

1-1/2 c. cake flour	1/2 c. cocoa
1-1/4 tsp. soda	2/3 c. buttermilk
1-1/4 c. sugar	3/4 tsp. salt
2/3 c. shortening	1/3 c. buttermilk
2 eggs	1 tsp. vanilla

Sift flour, measure and sift again with cocoa, sugar and salt. Add 2/3 cup milk, shortening and cream 2 minutes at medium speed. Add 1/3 cup milk, eggs, vanilla and beat until well mixed. Cook in 8x12-inch pan or baking dish, lined with oiled paper, greased and floured, at 350 degrees for 35 minutes.

Icing for Cake: In double boiler put 3 Tbsp. cocoa and 1 stick butter. Warm gently. Mix thoroughly. Add 1 lb. confectioners sugar. Alternate with 1/3 cup of milk as needed to thin. Add 1 teaspoon vanilla. Spread on cake and cut in squares.

RED DEVIL CAKE

Mrs. Lessie Mason

1/2 c. butter or oleo	2 c. sugar
2 eggs	1 c. buttermilk
1 tsp. heaped of baking soda dissolved in boiling water- (about 1 Tbsp. water)	3/4 c. cocoa, dissolved in boiling water
1 tsp. vanilla flavoring	2-1/2 c. plain flour

Mix in order named: butter, sugar, eggs, buttermilk, etc. Cook in three or four layers. A pinch of salt makes it taste better.

Filling:

1/2 c. sugar browned caramel	2-1/2 c. sugar
2 Tbsp. white corn syrup	1 c. sweet milk (canned milk makes it richer)

Cook until it makes soft ball in cold water; One or more cups black walnuts or any nuts you prefer and a pinch of salt; 1/4 stick of butter or oleo.

Cool until ready to spread.

DEVIL'S FOOD CAKE

Mrs. Fred McCormack

- | | |
|------------------------------|-----------------------|
| 2 c. sifted cake flour | 2 eggs, unbeaten |
| 1 tsp. salt | 2 heaping Tbsp. cocoa |
| 1/2 c. shortening | 1 tsp. vanilla |
| 1-1/2 c. brown sugar, packed | 1 c. buttermilk |

Sift flour once and measure; add sugar and salt; sift three times. Cream shortening, add sugar gradually. Cream well and add eggs, one at the time, beating thoroughly after each. Add cocoa with flour and milk by small amounts, beating after each addition. Add vanilla. Bake in 9- inch layer pans. Put together with the following:

- | | |
|----------------------------|-----------------------|
| 3 c. sugar | 1 stick butter |
| 3 heaping Tbsp. cocoa | 1-1/2 c. sweet milk |
| 3 Tbsp. white Karo | 8 large marshmallows, |
| 1-1/2 c. pecans (optional) | (48 miniature) |

Mix thoroughly all ingredients except marshmallows and nuts. Boil fast until the mixture forms a soft ball when tested in cold water. Add marshmallows and whip until consistency to spread on cake. Add nuts.

This makes a delicious chocolate filling for any cake and is especially easy to work with.

MABEL BAILEY'S DEVIL'S FOOD CAKE

Mrs. Elbert Sides
Sardis, Miss.

- | | |
|----------------------|----------------------|
| 1-1/2 c. flour | 1 tsp. soda |
| 1 tsp. baking powder | 1/2 tsp. salt |
| 4 Tbsp. butter | 1 tsp. vanilla |
| 1 c. sugar | 2 eggs, well-beaten |
| 1/2 c. sour milk | 1/2 c. boiling water |
| 2 squares chocolate | |

Cream butter and sugar. Add eggs and beat. Sift together flour, baking powder and salt and add alternately with milk. Add hot water to chocolate, mixing quickly. Add soda; stir until thick and mix thoroughly into cake batter.

Bake in layers in 350 degree oven.

Chocolate Fudge Filling:

- | | |
|------------------------|-------------------------------------|
| 2/3 c. milk | 2 c. sugar |
| 2-1/2 Tbsp. white Karo | 2 Tbsp. cocoa or 2 sq.
chocolate |

1 tsp. vanilla
2 c. chopped nuts (optional)

1/4 lb. butter

Cook sugar, milk, chocolate and Karo to soft ball stage; add vanilla and butter. Let cool and beat until creamy.

CARROT CAKE

Mrs. R. M. McCulley,
Mrs. John Kuykendall, Mrs. Otis Hawkins

3 c. sifted all-purpose flour	2 tsp. baking powder
2 tsp. soda	1 tsp. salt
3 c. grated carrots	1-1/2 c. finely chopped
2 tsp. cinnamon	pecans (canned cocoanut
1-1/2 c. cooking oil	can be substituted for nuts)
2 c. sugar	4 unbeaten eggs

Measure flour, baking powder, soda, salt, cinnamon and sugar into mixing bowl. Add cooking oil and blend well. Add eggs, one at a time, beating well after each addition. Add grated carrots and nuts and mix thoroughly into the batter.

Bake in three layers (8-inch pans) lined with paper or in two layers (13x9-1/2 x 2-inches) for 30 to 35 minutes at 350 degrees. Spread with the following cream cheese spread.

Cream Cheese Icing:

3 oz. cream cheese	3 c. powdered sugar
1/2 c. finely chopped nuts	milk (enough to make smooth)
salt and vanilla, to taste	

Mix all the ingredients until it makes the right consistency for spreading smoothly.

FRUIT COCKTAIL CAKE

Mrs. Willard Williams

1 c. self-rising flour	1 can fruit cocktail, drained
brown sugar	1 c. sugar
1 egg	1/2 c. nuts, chopped

Combine flour, sugar, egg and fruit cocktail. Pour into greased and floured 9-inch square pan (use two 8-inch cake pans and make layers). Sprinkle with brown sugar and nuts. Bake in preheated 350 degree oven until done.

Icing:

1 stick butter	1 c. sugar
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1/2 c. Pet milk
1/2 c. cocoanut

1/2 c. nuts

Boil ingredients 2 minutes. Spread on cake when cool.

PEACH PRESERVE CAKE

Mrs. Beatrice Fite

3/4 c. oleo
1 tsp. salt
2 c. all-purpose flour
1/2 c. buttermilk

1 c. sugar
1 tsp. soda
3 eggs
1 c. peach preserves

Cream butter and sugar. Mix soda and milk. Add egg yolks, then add flour and milk. Fold in 1 cup peach preserves and then beaten egg whites. Bake for 25 to 30 minutes at 350 degrees.

Icing for Peach Preserve Cake:

2 c. sugar
1 c. sweet milk
1 c. cocoanut

1 c. nuts
1 whole orange, ground
1 c. crushed pineapple,
drained

Beat sugar and milk. Bring to hard boil stage. Beat until creamy and then add all other ingredients.

SOUR CREAM PECAN COFFEE CAKE

Mrs. Nina Ayers
Memphis, Tennessee

1/2 c. butter
2 eggs
1 tsp. soda
1/2 tsp. salt
1 tsp. vanilla

1 c. sugar
2 c. sifted flour
1 tsp. baking powder
1 c. sour cream

Topping:

1/2 c. brown sugar
1 tsp. cinnamon

1/4 c. white sugar
1 c. fine chopped pecans

Cream butter and sugar. Add eggs, one at a time, beating well. Sift dry ingredients and add to creamed mixture alternately with sour cream. Begin and end with flour. Add vanilla.

Pour half of batter into buttered 9x13-inch pan. Sprinkle with half of topping. Pour rest of batter over filling and last half of topping. Bake at 325 degrees 35 to 40 minutes.

BANANA NUT CAKE

Mrs. Morris McKee

1-1/2 c. sugar
 1/2 c. shortening
 1 tsp. salt
 3 crushed bananas
 2 eggs, well-beaten

2 c. flour
 4 Tbsp. buttermilk
 1 tsp. soda
 2 c. crushed pecans

Blend sugar and shortening; add eggs well-beaten.
 Add buttermilk and dry sifted ingredients; add nuts and bananas.
 Use three cake pans.

Filling:

1 box confectioners sugar
 1/3 c. melted butter or oleo
 1 c. crushed pecans

1/2 c. orange juice
 1 crushed banana

AMBROSIA CAKE

Mrs. O. Burt

1 box orange cake mix (I prefer
 whole egg cake)
 1/2 c. Crisco
 2/3 c. milk

2 c. flour
 1-1/3 c. sugar
 1 tsp. salt

Blend in mixer for 1-1/2 or 2 minutes, then stir in
 3 teaspoons double-action baking powder. Then add and blend
 2 minutes the following:

1/3 c. milk
 1 tsp. flavoring (vanilla or orange)

2 whole eggs

Bake in 375 degree oven for 30 or 35 minutes, or until
 done.

Filling: Put in saucepan and cook until thick ---

3 c. sugar
 1 c. chopped dates

2 c. Pet milk

then add: 1 c. nuts
 1 orange, grated (rind and all)

1 c. raisins or dates

All can be cooked together. (I do.)

ORANGE SLICE CAKE

Mrs. Gaines Herron

2 c. pecans
1 lb. orange slices
1 tsp. soda
4 eggs
2 c. flour

1 pkg. dates
1 c. cocoanut
1 c. oleo
1-1/2 c. sugar
1/2 c. buttermilk

Cut nuts, dates and orange slices into small pieces; melt oleo and pour over the mixture. In another bowl mix eggs, sugar, flour, soda and buttermilk. Pour over the nut mixture; mix well.

Bake at 300 degrees in a tube pan for two hours. Let cool in pan.

MAYONNAISE CAKE

Mrs. Monroe Frost

1 c. sugar

Sift together:

2 c. self-rising flour
1 level tsp. soda

2-1/2 Tbsp. cocoa

Add:

1 c. mayonnaise (salad
dressing will not work)

1 c. cold water
1 tsp. vanilla

Mix well. Pour into two 8-inch greased and floured cake pans. Bake at 350 degrees for 25 minutes. Cool the pan; do not turn out on rack. When cool, ice in usual manner. (If cake is not cold, it will tear.)

Frost with fudge frosting.

PRUNE CAKE

Mrs. R. M. Randolph
Mrs. Cloud Fite

Mix together:

2 c. sifted cake flour
1/4 tsp. nutmeg
1/8 tsp. cloves

1 tsp. cinnamon
1/4 tsp. allspice
1/2 tsp. salt

Set the above mixture aside. Mix: 1 cup white sugar and 3/4 cup brown sugar. Add:

1/2 c. shortening

2 whole eggs

Beat the above ingredients together well. To 1 cup prune juice add 1 teaspoon soda. Add: 1 heaping cup mashed prunes.

Pour into two well-greased and floured cake pans. Bake in 350 degree oven for 35 to 40 minutes. When it's done it will pull away from the sides of pan.

Use a Burnt Caramel Icing for this cake.

APPLE CAKE

Mrs. S. A. Swearengen
Mrs. Joe Bailey, Jr.

2 c. sugar
1/2 tsp. salt
1/2 tsp. baking powder
3 eggs
1 small mashed banana
1 tsp. vanilla

2-1/2 c. flour
1 tsp. soda
1-1/2 c. Wesson oil
1 c. nuts, finely cut
1 c. (raw) grated apple,
(hard apples best)

Cook 300 degrees. Use tube pan. Time: a little more than an hour.

VANILLA WAFER CAKE

Miss Jennie Murphey

2 c. sugar
6 eggs
15 oz. vanilla wafers
7 oz. cocoanut

2 sticks oleo
1/2 c. milk
1 c. pecans, chopped

Cream sugar and oleo together. Add eggs, one at a time. Beat well after each egg. Add the milk. Crush wafers real fine. Add wafers, nuts and cocoanut; mix well.

Bake in Angel Food pan at 300 degrees for one hour and thirty minutes.

DEW CAKE

Miss Juanita Upchurch

1 box light brown sugar
4 eggs
2 c. flour
2 c. nuts

1/2 lb. chopped dates
1/2 tsp. salt
1 tsp. vanilla

Beat eggs into sugar, one at a time. Heat over low slow flame until sugar is dissolved. Add flour and nuts. Bake 20 to 25 minutes at 350 degrees in greased 8-inch square pan. Cut in squares.

PEACH ICE BOX CAKE

Mrs. C. C. Birdsong

22 squares graham crackers	1/4 lb. butter
1 c. powdered sugar	1 large can peaches
whipped cream	

Put the cracker crumbs in the bottom of a pie plate. Mix 1/4 lb. butter, 1 egg and cup of powdered sugar and spread over the crumbs, then put a layer of peaches (no syrup). Cover with a thick layer of whipped cream or Miracle Whip with a little cracker crumbs sprinkled on top. Leave in ice box 24 hours, or at least 12 hours before serving.

JAM CAKE

Mrs. Robbye Griffin

6 eggs	2 c. sugar
1 c. butter or margarine	1 c. buttermilk
2-1/2 c. jam	4 c. flour
2 tsp. soda (teaspoons)	1 tsp. baking powder
1 Tbsp. each of allspice and nutmeg	1/2 c. pecans (optional)

Cream butter and sugar and mix other ingredients. Cook at 350 degrees about 30 minutes, or until done.

JAM CAKE

Mrs. Jack Barnett

1 c. melted butter	2 c. sugar
5 eggs	1 c. buttermilk
1 tsp. soda	3 c. flour
1 c. blackberry jam	1 c. black walnuts
1 c. pecans (1 c. raisins, if desired)	1 c. candied fruit (mixed)
1 tsp. cinnamon	1 tsp. allspice
	1 tsp. nutmeg

Cream butter and sugar. Add eggs. Sift flour, allspice, cinnamon and nutmeg together. Add soda to buttermilk. Add buttermilk and flour alternately to butter, sugar and egg mixture. Fold in jam, nuts and fruit.

Bake in 325 degree oven for at least 35 minutes or until it tests done.

BANANA NUT CAKE

Mrs. F. F. Waggoner
Deer Park, Texas

2 c. sugar	1/2 c. butter
2 eggs	2 c. sifted flour
1-1/2 tsp. soda	1 tsp. vanilla

1 c. chopped nuts
6 Tbsp. buttermilk (made by
stirring 1 Tbsp. vinegar
with 1/2 c. milk)

3 bananas, mashed
1/4 tsp. salt

Cream butter and sugar; add eggs. Mix flour and salt; add to mixture alternately with milk (to which soda has been added). Add bananas and nuts. Grease and flour three 1-lb. coffee cans. Fill half full (or I use a black skillet for one cake).

Bake in 350 degree oven for 1 hour. Roll in aluminum foil and put in freezer until ready to use.

DEVIL FOOD CAKE

Mrs. R. C. Norfleet Dye
Bethel Church

2-1/2 c. flour
1/2 c. butter
1 tsp. vanilla
3/4 c. buttermilk
2 tsp. soda in 1 c. hot water

1/2 c. cocoa
3 whole eggs
1/2 tsp. salt
1 Tbsp. vinegar

Bake at 375 or 400 degrees in preheated oven. Ice with chocolate or divinity.

CHEESE CAKE

Mrs. J. A. Smith

8 double graham crackers
1/4 c. sugar

1 stick oleo (melted)
1/2 tsp. cinnamon

Crush crackers and add other ingredients for crust.

3 large pkgs. cream cheese
3/4 c. sugar

3 whole eggs
1 tsp. vanilla

Cream these ingredients and fill crust and bake 20 minutes at 375 degrees. (Cook in a cheese cake pan.) Remove from oven and use following for topping:

1/2 pt. sour cream
1/2 tsp. vanilla

2 Tbsp. sugar

Bake 5 more minutes. Remove from oven; chill and serve.

MIRACLE CHEESE CAKE

Mrs. C. C. Birdsong

Dissolve 1 package lemon flavored gelatin in 1 cup boil-

ing water. Add 3 Tbsp. lemon juice. Cool. Cream together 1 8-oz. or 3 3-oz. pkgs. cream cheese, 1 cup sugar and 1 teaspoon vanilla. Add gelatin and mix well.

Add 1/2 of an 8-1/2 oz. can of crushed pineapple. Whip 1 can chilled canned milk and fold into gelatin mixture.

Crush 1 lb. graham crackers and add 1/2 cup melted butter or oleo. Pack two-thirds of mixture in bottom and sides of 9x13x2-inch pan. Add filling and sprinkle with remaining crumbs. Chill several hours. Cut into squares and serve.

HERSHEY BAR CAKE

Mrs. C. M. Randolph
Mrs. Ralph Armstrong

8 plain milk chocolate Hershey bars (7/8 oz. or 5¢ size	2 sticks butter
4 eggs	2 c. sugar
1/4 tsp. salt	2-1/2 c. flour
1 c. buttermilk	1/4 tsp. soda
2 c. chopped nuts	2 tsp. vanilla

1

Preheat oven to 325 degrees. Line tube pan with waxed paper. Soften candy until limp, not runny, and soften butter at room temperature. Cream butter and candy. Add eggs. Mix dry ingredients alternately with buttermilk. Save some of the flour to mix with nuts.

Bake in tube pan for 70 minutes. May be frosted, if desired.

POUND CAKE

Mrs. Hubert Rowsey

1-1/2 c. shortening	2-1/2 c. sifted sugar
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Cream together.

4 whole eggs, one at a time	1 c. buttermilk
3-1/2 c. flour (all-purpose) - sift three times	1/2 tsp. salt

Mix 1/2 teaspoon soda in 1 Tbsp. hot water and add to batter. Add 1 teaspoon vanilla and a few drops of lemon juice, (if desired). Pour in greased tube pan and cook 1 hour and 20 minutes at 325 degrees.

WONDERFUL POUND CAKE

Mrs. Mavis George

2/3 c. shortening	1-1/4 c. sugar
1 tsp. vanilla, or 1 tsp. grated lemon peel and 1 Tbsp. lemon juice	

2/3 c. milk
1-1/4 tsp. salt
3 eggs

2-1/4 c. sifted flour
1 tsp. baking powder

Stir shortening to soften. Gradually add sugar and cream until light and fluffy. Add vanilla or lemon peel and juice. Add milk and mixture of flour, salt and baking powder. Beat about two minutes. Add one egg at a time, beating 1 minute each time and 1 additional minute at the end.

Bake in loaf pan for 1-1/2 hours at 300 degrees. If butter is substituted for shortening, cut milk down to 1/2 cup.

DELICIOUS SAUCE FOR POUND CAKE Mrs. Vernon Robinson
Olive Branch, Miss.

1 c. pineapple juice	1 tsp. cornstarch
1/4 tsp. nutmeg	1/4 c. chopped pecans
1/4 c. raisins	1/2 tsp. vanilla

Combine pineapple juice, cornstarch and nutmeg. Cook until thick, stirring constantly. Add pecans, raisins and vanilla. Serve over slices of pound cake.

CHOCOLATE MACAROON CAKE Mrs. M. M. Randolph

1 egg white. (save yolk for icing)	2 tsp. vanilla
2-1/4 c. sugar	2 c. (7 oz.) cocoanut
3/4 c. hot coffee	1 Tbsp. flour
3 eggs	1/2 c. cocoa
1 tsp. soda	1/2 c. sour cream
2 c. flour	1/2 c. shortening
	1 tsp. salt

Beat 1 egg white with 1 teaspoon vanilla until soft mounds form. Add 1/2 cup sugar, beating until stiff peaks form. Stir in cocoanut and 1 Tbsp. flour. Dissolve cocoa in hot coffee.

Beat 3 egg whites until soft mounds form. Add 1/2 cup sugar, beating till stiff. Add soda to sour cream.

Beat 1-1/4 cup sugar, shortening, egg yolks, 1/2 teaspoon salt, 1 teaspoon vanilla and half of cocoa mixture; beat until light and creamy - about 4 minutes.

Add 2 cups flour, the sour cream and remaining cocoa mixture; blend well. Fold in egg whites. Turn 1/3 of chocolate batter into 10-inch tube pan, greased on bottom. Place half of cocoanut mixture on top. Cover with half remaining chocolate batter. Bake at 350 degrees for 55 to 65 minutes. Cool completely before removing from pan. Frost with chocolate cream frosting.

STRAWBERRY JELLO CAKE

Mrs. Bobby Phelps

1 box cake mix (yellow
or white)
1 c. oil

1 box strawberry jello
4 eggs

Beat together and add 1 box strawberries. Bake in three 9-inch layers or long loaf pan according to cake box instructions. May be iced with confectioners sugar and butter icing, adding drained strawberries. (Pineapple may be substituted for strawberries, using orange, lemon, or lemon-pineapple jello.)

APRICOT NECTAR CAKE

Mrs. Perkins Bell

1 pkg. Duncan Hines
yellow cake mix
3/4 c. Wesson oil

4 eggs, beaten separately
3/4 c. apricot nectar

Mix above ingredients, folding in egg whites last. Bake in ungreased stem pan at 350 degrees for 45 minutes to 1 hour. When done, punch holes with ice pick and pour over cake:

Icing:

1-1/2 c. sifted powdered
sugar

juice of 2 lemons
grated rind of 1 lemon

BUTTERMILK CAKE

Mrs. George Randolph
Mrs. E. M. Horton

1 c. shortening
1-1/2 tsp. vanilla flavoring
3 c. flour
1/2 tsp. salt

3 c. sugar
6 eggs
1/4 tsp. soda
1 c. buttermilk

Cream shortening and sugar. Add flavoring. Add eggs, one at a time, beating after each addition. Sift dry ingredients together and add alternately with buttermilk. Pour batter into greased 10-inch tube cake pan. Bake at 325 degrees for 1 hour and 15 minutes, or until tests done.

DATE CAKE

Mrs. E. E. Sayle

1 pkg. dates
1 c. shortening
1 c. sugar
2 c. flour

1 c. wine or fruit juice
1 tsp. soda
2 Tbsp. chocolate or cocoa
spices

2 eggs

1 c. nuts

1 c. cherries (maraschino)

Cream shortening and sugar. Add flour and liquid, alternating them. Then add beaten eggs, soda sifted in flour, cocoa and spices.

Steam 1-1/2 hours.

SOUR CREAM WALNUT CAKE

Mrs. Richard Coleman

1 c. sugar

2 c. cake flour

1 c. butter

1 tsp. baking powder

3 eggs, separated

1 tsp. soda

2 Tbsp. grated orange rind

1 c. ground walnuts (or pecans)

2 Tbsp. grated lemon rind

3/4 c. sour cream

Cream sugar and butter. Add egg yolks and grated rind of orange and lemon. Stir until smooth. Sift together flour, baking powder and soda. Dust some of the dry mixture over nuts and stir into the creamed mixture alternately with the sour cream. Beat egg whites until stiff and fold in. Turn mixture into buttered spring form.

Bake 1 hour at 350 degrees. Remove cake from pan while hot. Prick top of cake with fork and baste with the following:

2 Tbsp. orange juice

2 Tbsp. lemon juice

3/4 c. sugar

Combine; bring to boil. Baste cake while hot so it will absorb rapidly.

ANGEL FOOD CAKE

Mrs. D. B. Sayle

Measure in medium size tea glass: (Note: The size of the glass doesn't matter because the proportions will be the same.) 1 tea glass level with egg whites (11 to 13 eggs)

Sift 7 times:

1 tea glass cake flour

1-1/3 tea glass sugar

Measure after sifting. Beat egg whites (slightly salted) with long stroke, preferably. When frothing, add 1 rounded teaspoon cream of tartar. Beat until stiff but not dry. Then add sugar and then flour. Add 1 teaspoon vanilla.

Pour into ungreased tube pan. Place in cold oven and

turn to 300 degrees. Bake 1-1/2 hours. You can peep -- one-half hour it's beginning to rise. In one hour it has risen to top of the pan and has brown flecks. In 1-1/2 hours it should be brown all over.

Let cool in pan.

NUT CAKE

Mrs. Beatrice Fite

1 lb. sugar	6 eggs
1 lb. butter	pinch of salt
1 lb. flour	1 tsp. baking powder
1 lb. nuts	1-1/2 oz. lemon extract
1 lb. dates	

Sift flour, baking powder and salt. Add a little of this flour mixture with the nuts and dates. Cream butter and sugar. Add eggs and beat. Add lemon extract. Next add nuts and dates and flour. Mix until all the flour is gone. Put in a stem pan and pack.

Bake 1-1/2 hours at 325 degrees and 1/2 hour at 300 degrees.

PECAN DAINTIES

Eva D. Smith

1 egg white	1 c. light brown sugar
1-1/2 c. pecan halves	

Beat egg white until stiff. Add sugar gradually and put nuts in well. Drop from spoon on greased baking sheet. Remove from cooking sheet immediately and cool.

COCOONS

Mrs. Hilliard Griffin
Mrs. Richard Coleman

1 stick oleo	2 Tbsp. sugar
1 c. flour (plain)	1 tsp. vanilla
1/2 c. chopped pecans	

Mix well (which will be a stiff dough), pinch off small pieces in cocoon shape and cook for 20 minutes at 350 degrees. Roll in powdered sugar.

DATE PECAN CHEWIES

Mrs. Hilliard Griffin

Whip 4 egg whites; stir in 1 cup of sugar; add the following:

1 c. crushed graham crackers

1/2 c. cocoanut
1/2 c. dates

1/2 c. nuts

Bake in 325 degree oven for about 30 minutes. When cool, cut in squares and serve with whipped cream.

FRUIT COOKIES

Mrs. S. R. McMurry

2 c. sugar
3 eggs
3 tsp. baking powder
1 c. raisins
1 c. dates
1 c. candied pineapple
2 c. pecans (chopped)

1 c. butter
1 c. flour
1/2 tsp. salt
1 c. grated cocoanut
1 c. candied cherries
1/2 c. citron (cut)

Cream sugar and butter. Add eggs and beat. Add flour, baking powder and salt, sifted together. Beat well. Put all of fruit, pecan in bowl and coat with flour, enough to keep fruit from sticking together.

Add mixture to batter and mix well. Then add enough flour to handle with hands. Form roll 2 inches in diameter. Roll each roll on board until firm and smooth. Wrap in damp cloth.

JUMBO RAISIN COOKIES

Mrs. Monroe Frost

Sift together:

4 c. sifted all-purpose flour
1 tsp. soda
1/4 tsp. allspice
1 c. water
1 c. shortening
3 eggs
1 c. nuts

1 tsp. salt
1/4 tsp. nutmeg
1-1/2 tsp. cinnamon
1 tsp. baking powder
2 c. raisins
2 c. sugar
1 tsp. vanilla

Add water to raisins and boil 5 minutes. Cool. Cream shortening and sugar; add eggs, one at a time and beat well. Add vanilla and cooled raisins and water. Add sifted dry ingredients and blend well. Add nuts. Drop by teaspoon on a greased cookie sheet.

Bake at 375 degrees 12 to 15 minutes.

PEANUT BUTTER COOKIES

Mrs. R. O. Riddick

1 stick of oleo

1 c. white sugar

1 c. brown sugar
2 eggs
1-1/2 tsp. soda

1 c. peanut butter
2 c. flour, before sifting
1/2 tsp. salt

Cream butter and sugar. Mix eggs and peanut butter. Sift soda and salt with flour, then add to sugar mixture. Make into balls the size of marbles and place on cookie sheet. Mash each one flat with fork.

Bake in 350 degree oven for 10 to 20 minutes. Yield:

6 dozen cookies.

OATMEAL ICE-BOX COOKIES

Mrs. George Randolph

Cream:

1 c. brown sugar
1 c. shortening

1 c. white sugar

Add: 2 beaten eggs and 1 teaspoon vanilla (also almond, if desired).

Add: 1-1/2 cups flour sifted with 1 teaspoon soda and 1 teaspoon salt. Add: 3 cups oatmeal (1-Minute) and 1/2 or 1 cup nuts, chopped fine.

Form into long rolls in wax paper, approximately 1-1/2 inches in diameter. Chill in refrigerator. The dough can be kept frozen in freezer for 6 weeks. Slice thin and bake on ungreased cookie sheet.

Makes 5 dozen.

"AUNT OLA'S" OATMEAL COOKIES

Meta Robinson
Olive Branch, Miss.

1 c. shortening
2 eggs
1 tsp. cinnamon
2 c. flour
1 c. raisins

1 c. sugar
1 tsp. soda
1 tsp. salt
2 c. oats
4 Tbsp. sweet milk

Mix all ingredients in large bowl. Roll into small balls. Bake 15 minutes at 350 degrees. Delicious!

GINGER COOKIES

Mrs. Walter Guy Burkhalter

1-1/2 c. shortening
1/2 c. molasses
2 tsp. soda

2 c. sugar
4 c. flour
2 tsp. cinnamon

2 tsp. cloves

2 tsp. ginger

Mix above ingredients thoroughly. Make into balls. Roll in sugar and place on cookie sheet about 2-inches apart. Bake at 375 degrees.

CRISP OATMEAL COOKIES

Mrs. S. R. McMurry

1 tsp. baking powder

1/4 tsp. salt

2 c. brown sugar, well packed

2-3/4 c. quick-cooking

rolled oats

2 tsp. vanilla

2 c. flour

1 c. shortening

2 eggs

1 c. chopped nuts

1-1/2 c. cornflakes

Sift flour and measure. Sift together with baking powder and salt. In a bowl, cream together the shortening and sugar. Beat in the eggs. Add flour mixture; blend well. Blend in rolled oats, nuts, cornflakes and vanilla. Drop by the teaspoonful, about an inch apart, on an ungreased cookie sheet.

Bake at 350 degrees F. for 12 to 15 minutes. Yield: about 5 dozen.

APRICOT CHEWS

Nina Peebles Ayers

1-1/3 c. dried apricots

1 c. butter

1 tsp. baking powder

2 c. firmly packed

brown sugar

1/2 c. chopped nuts

1/2 c. sugar

2-2/3 c. flour

1/2 tsp. salt

4 eggs, well beaten

1 tsp. brandy flavoring

Rinse apricots; cover with water and boil 10 minutes. Drain and cool.

Let butter soften; mix with 1/2 cup sugar and 2 cups flour until crumbly; pack in two 8-inch square pans. Bake at 350 degrees for 25 minutes.

Sift remaining 2/3 cup of flour, baking powder and salt. Beat brown sugar slowly into eggs, beating well after each addition. Stir in flour mixture, flavoring, nuts and apricots. Spread over baked layer. Return to oven and bake 30 minutes longer. Cool in pan and cut in bars.

OLD FASHIONED TEA CAKES

Mrs. Elbert Sides
Mrs. Henry Sandridge

1 c. butter

1 c. sugar

1 egg	1 tsp. baking powder
1 tsp. soda	1/2 tsp. salt
1/2 c. milk	1 tsp. vanilla
3 to 5 c. flour, approx.	

Cream butter; add sugar and egg, beaten lightly. Add milk and vanilla alternately with enough flour to make stiff dough. Roll very thin and bake in 350 degree oven until lightly browned. Sprinkle with sugar while hot.

SNICKERDOODLES

Mrs. Vernon Robinson
Olive Branch, Miss.

1 c. shortening	1-1/2 c. sugar
2 eggs	2-3/4 c. sifted flour
2 tsp. cream of tartar	1 tsp. soda
1/2 tsp. salt	

Mix the shortening, sugar and eggs together thoroughly. Add dry ingredients. Chill dough. Roll into balls the size of small walnuts. Roll in mixture of 4 Tbsp. sugar and 4 teaspoons cinnamon. Place on ungreased cookie sheet (do not flatten) and bake until lightly browned - about 8 to 10 minutes - at 400 degrees. These cookies puff up at first, then flatten out with crinkled tops. Makes about 5 dozen.

Note: Red or green or any colored sugar may be used to roll cookies instead of cinnamon-sugar mixture to carry out a color scheme or for any holiday, etc.

OLD-FASHIONED SUGAR COOKIES

Mrs. E. M. Horton

1/2 c. butter	3/4 c. sugar
2 c. flour	1 egg
2 to 3 Tbsp. sour milk	1/2 tsp. each soda and
1/2 tsp. vanilla	baking powder
1/2 tsp. grated orange peel	

Cream butter and sugar; add egg and beat well; add vanilla and orange peel; add sifted dry ingredients with milk to creamed batter. Drop 1/2 teaspoon 2-inches apart. Cook about 12 minutes at 350 degrees.

SKILLET COOKIES

Mrs. E. E. Stidham

1 egg yolk	1 stick oleo
1 c. sugar	1 c. dates, chopped

Cook above ingredients 5 minutes, stirring constantly.
Pour over:

2 c. Rice Krispies

1 c. chopped pecans

Mix lightly. Shape into small balls and roll in flake cocoanut.

GINGERSNAPS

Mrs. E. M. Horton

3/4 c. shortening

1 c. sugar

1 egg

1/2 c. molasses

3 c. sifted flour

2 tsp. soda

1/2 tsp. salt

1/2 tsp. cinnamon

1/2 tsp. cloves

1 tsp. ginger

cinnamon mixture

Mix together shortening, sugar, egg, molasses. Sift dry ingredients together; add to creamed mixture. Chill dough. Roll into balls size of small walnuts. Dip top in sugar, cinnamon mixture. Place sugar side up on greased cookie sheet, 3-inches apart. Sprinkle each cookie with 2 or 3 drops water. (I use the tip of teaspoon.)

Bake just until set, not hard, at 375 degrees, 10 or 12 minutes.

BROWNIES

Mrs. Russell Koonce

Melt together: 2 squares semi-sweet chocolate and 3/4 stick butter. Add:

1 c. sugar

2 eggs, one at a time,
unbeaten

3/4 c. flour

1 tsp. vanilla

1 c. pecans (broken)

Use 7-1/2 x 7-1/2 x 2-inch pan. Bake at 350 degrees for 20 to 25 minutes. Let cool in pan.

Chocolate Icing for Brownies:

1 sq. semi-sweet chocolate

1/2 stick margarine

1/8 tsp. salt

1/2 box confectioners sugar,
sifted

1 tsp. vanilla

small amount cream

Melt chocolate and butter in saucepan and add salt and sugar and vanilla. Add just enough cream to make spreading

consistency.

CHOCOLATE BROWNIES

Mrs. George Randolph

1 c. plus 2 Tbsp. butter
or margarine
2-1/4 c. sugar
2 tsp. vanilla
1 tsp. salt

4 sq. unsweetened
chocolate, melted
5 eggs, beaten
1-3/4 c. sifted cake flour
1-1/2 c. walnut or pecans,
chopped

Melt butter and chocolate. Add sugar, eggs, vanilla; beat thoroughly. Sift flour, salt together; add and beat until smooth. Fold in nuts. Pour into ungreased 15x10x1-inch pan. Spread evenly.

Bake 25 to 30 minutes in 350 degree oven. Cool slightly. Cut into 2-inch squares. Yield: 5 dozen squares.

Note: These brownies have a shiny surface and fudge-like center.

ORANGE SLICE COOKIES

Mrs. R. M. Randolph

1 box light brown sugar
1/8 tsp. salt
18 orange slices, chopped

4 eggs
2 c. flour
1 c. pecans

Mix sugar, salt and eggs. Add flour, pecans and orange slices. Bake in cookie pan lined with oiled paper, 10x15 inches in 350 degree oven until brown. While still warm, cut into squares.

BETTY GREEN COOKIES

Mrs. Billy Darby

2 sticks oleo, melted

Add: 2 c. light brown
sugar, packed
1-1/2 c. chopped pecans

2 eggs, beaten
2 c. plain flour

Mix well; pour into square pan. Bake 30 minutes at 350 degrees. Mark into squares. When cool, remove and dust with confectioners sugar.

P.S. This is a good recipe for men's suppers or places you have to carry food a long distance -- also excellent for beginners.

COFFEE COOKIES

Mrs. W. M. Frost

Cream: 2 cups sugar and 1 cup shortening, lard or butter. Sift together:

3-3/4 c. flour	1 tsp. soda
1 tsp. baking powder	1 tsp. nutmeg
1 tsp. cinnamon	1/2 tsp. salt

Add: 2 eggs to creamed mixture, beating well; then add flour mixture, alternating with 1 cup cold coffee. Add 1 cup raisins and lots of walnuts or pecans. Drop by heaping teaspoon on lightly greased cookie sheet.

Bake 12 to 15 minutes in medium oven.

MINCEMEAT COOKIES

Mrs. Bruce Stidham

9 oz. mincemeat	1/2 c. water
1 c. oleo	1-1/2 c. sugar
1 egg, well-beaten	3-1/4 c. flour
1/2 tsp. salt	1 tsp. soda

Boil mincemeat and water together until thick. Cream oleo, sugar and egg together. Add flour, salt and soda. Bake at 350 degrees till done. (Put 1/4 of a maraschino cherry on top of each cookie before baking, if desired.)

CHINESE CHEWS

Lima Criss

1/4 lb. butter	1 c. sifted flour
2 Tbsp. white sugar	2 eggs, well-beaten
1 c. chopped nuts (pecans)	1/2 c. shredded cocoanut
1-1/2 c. dark brown sugar	

Blend butter, flour and white sugar and bake in an 8x8-inch pan for 10 minutes at 375 degrees. Mix eggs, pecans, cocoanut and dark brown sugar. Pour over hot bottom crust and bake 25 minutes at 375 degrees. Dust with powdered sugar and chill for about 1 hour.

CREAM CHEESE BROWNIES

Mrs. Arthur Ayers
Memphis, Tenn.

1 pkg. (4 oz.) Baker's German's Sweet Chocolate	5 Tbsp. butter
1 c. sugar	1 pkg. (3 oz.) cream cheese
1 Tbsp. plus 1/2 c. unsifted flour	3 eggs
	1-1/2 tsp. vanilla

1/2 tsp. baking powder
1/2 c. chopped nuts

1/4 tsp. salt
1/4 tsp. almond extract

Melt chocolate and 3 Tbsp. butter over very low heat. Stir and cool. Cream 2 Tbsp. butter with cheese. Gradually add: 1/4 cup sugar, creaming until fluffy. Blend in 1 egg, 1 Tbsp. flour and 1/2 teaspoon vanilla. Set aside. Beat 2 eggs until light colored. Slowly beat in remaining 3/4 cup of sugar until mixture thickens. Add baking powder, salt and 1/2 cup of flour. Blend in chocolate mixture, 1 teaspoon vanilla, nuts and almond extract.

Spread half of chocolate batter in greased pan (8 or 9-inch square). Top with cream cheese mixture. Spoon remaining chocolate batter over top. Then zigzag knife through batter to obtain marble effect.

Bake at 350 degrees for 35 to 40 minutes. Cool before cutting in squares.

PECAN COOKIES

Mrs. William Nichols
Olive Branch, Miss.

1 c. margarine
2-1/2 c. sifted flour
1 c. pecans, coarsely chopped

1 c. powdered 10X sugar
2 tsp. vanilla

Cream margarine and sugar. Stir in flour, mixing thoroughly. Add flavoring and nuts. Mix well. Drop by teaspoons into an ungreased baking sheet.

Bake in moderate oven (350 degrees) about 15 minutes. Yield: about 4 dozen.

DATE ROLL COOKIES

Mrs. L. R. Lepicier
Aberdeen, Miss.

8 oz. chopped dates
1/2 c. water

1/2 c. sugar

Cook until soft; cool. Mix:

1 c. sugar
1 c. shortening

1 c. brown sugar
3 eggs

Sift together: 4 cups flour and 1 teaspoon soda

Mix flour-soda with sugar, shortening and eggs; add 1 teaspoon vanilla, 1/2 teaspoon almond flavoring. Cool dough before rolling and spreading dates. Roll and store. Cut in quarter inch slices and bake on sheet at 325 degree F.

NEVER-FAIL CREAMY CARAMEL ICING Mrs. R. O. Riddick

2-1/2 c. sugar	3/4 c. milk
1 slightly beaten egg	1 tsp. vanilla
1 stick of butter	

Melt 1/2 cup of sugar in iron skillet slowly, until brown and runny. Mix egg, butter, remaining sugar and milk in a saucepan and cook over a low flame until butter melts. Turn the heat up to medium and add the brown sugar. Cook until it is in the soft ball stage or until mixture leaves sides of pan. This takes about 10 minutes. Remove from fire: let cool slightly; add vanilla. Beat until right consistency to spread. If it gets too thick, add a little cream.

This will ice a two-layer cake.

NEVER FAIL CHOCOLATE FROSTING Miss Lummie Riddick
Mrs. Richard Coleman

2 c. sugar	1/2 c. milk
1/2 c. cocoa	1 stick butter
vanilla	

Mix all together and boil 1 minute after it comes to boil. Set aside to cool.

CARAMEL ICING Mrs. S. A. Swearengen

Start cooking at the same time:

- | | | |
|----|-----------------------------|--------------------|
| I. | 1/2 c. white sugar to brown | |
| II | 2-1/2 c. sugar | 1 c. Pet milk |
| | pinch of salt | 2 Tbsp. white Karo |

When second mixture boils, pour the browned sugar into it. Boil a good 2 minutes, or until soft ball forms when dropped in cold water. Add 1 stick of margarine and 1 teaspoon pure vanilla. Use electric beater and beat until the icing is smooth and hard enough to spread.

Yield: Makes 3 cups of icing. (I use two heavy saucepans for cooking mixtures I and II.

FLUFFY BOILED ICING Mrs. Jack Peeples

Combine in saucepan:

1 c. sugar	1/3 c. water
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1 Tbsp. light corn syrup

1/8 tsp. salt

Stir until well-blended. Boil slowly without stirring until mixture will spin a long thread when a little is dropped from spoon. Hold spoon high above saucepan or if thermometer is used, 238 to 240 degrees. Meanwhile, put into large bowl of mixer: 2 egg whites. Beat until stiff but still moist, about 2 minutes.

Pour hot syrup slowly over egg whites while continuing to beat until mixture is very fluffy and will hold its shape. Add: 1 teaspoon vanilla.

This recipe should be doubled for a large two-layer cake.

Write your extra recipes here:



Desserts





Before emptying the bag of your vacuum cleaner, sprinkle water on the newspaper into which it is emptied, and there will be no scattering of dust.

If you add a little milk to water in which cauliflower is cooking, the cauliflower will remain attractively white.

To keep handkerchiefs, socks or other small pieces from wrapping around washing machine wringers, fold them inside towel and run through.

To whiten laces, wash them in sour milk.

To preserve left-over egg yolks for future use, place them into a small bowl and add two tablespoons of salad oil. Then put into refrigerator. The egg yolks will remain soft and fresh, and egg yolks kept in this way can be used in many ways.

When cooking cabbage, place a small tin cup or can half full of vinegar on the stove near the cabbage, and it will absorb all odor from it.

Use the divider from an ice tray to cut biscuits in a hurry. Shape dough to conform with size of divider and cut. After baking biscuits will separate at dividing lines.

A clean clothes pin provides a cool handle to steady the cake tin when removing a hot cake.

Try using a thread instead of a knife when a cake is to be cut while it is hot.

To remove burned-on starch from your iron, sprinkle salt on a sheet of waxed paper and slide iron back and forth several times. Then polish it with silver polish until roughness or stain is removed.

DESSERTS

ANGEL PARFAIT

Mrs. E. E. Sayle

1 pkg. Knox gelatin soaked
in 1/4 c. cold water
2 egg whites
1/4 c. sugar
1/4 c. water

1/4 lb. ea. : chrystalized
cherries and pineapple,
soaked overnight in
cherry wine
1 pt. whipping cream

Boil sugar and water until forms string when dropped from spoon. Add soaked gelatin to boiling sugar and water after removed from stove. Pour slowly into well-beaten eggs. Beat well. Mix fruit and wine that has been soaked. When cold, fold in whipped cream and let stand in refrigerator until congealed.

STRAWBERRY DESSERT

Mrs. Norma J. Hughes

1 3-oz. pkg. strawberry jello
2 Tbsp. sugar
1/2 pt. whipping cream

1 10-oz. pkg. sliced frozen
strawberries
pinch of salt

Dissolve jello in 1-1/4 cups boiling water. Stir in thawed strawberries, sugar and salt. Cool until it begins to thicken. Fold in the whipped cream. Cover bottom of a 9-inch square baking dish with slices of Angel Food cake. Pour jello mixture over cake and refrigerate until it is set.

DATE PUDDING

Mrs. Tom Pugh

1 lb. marshmallows, chipped
1 small bottle cherries,
cut in half
1/2 pt. whipping cream

1 lb. pitted dates, chipped
1/2 c. sweet milk
1/2 lb. or 1 small box
graham crackers

Soften marshmallows in sweet milk; add dates, cherries, then cracker crumbs; mix. Set in refrigerator for several hours, then top with whipped cream.

SODA CRACKER TORTE

Mrs. Phyllis Herron

3 egg whites, beaten, but
not too stiff

add: 1 tsp. baking powder
12 small sq. soda crackers,
coarsely crushed

1 c. sugar (add while beating
egg whites)

1 tsp. vanilla
3/4 c. chopped nuts

Spread in 8x8-inch greased pan. Bake at 350 degrees for 30 minutes. Add 1/2 can crushed pineapple to 1/2 pint of whipping cream that has been whipped for the topping.

GINGER BAKED ALASKA

Susie Basden

1 pkg. gingerbread mix	2 c. canned applesauce
1/3 c. light brown sugar	1 Tbsp. lemon juice
3 egg whites	9 Tbsp. granulated sugar
1 tsp. vanilla	

Prepare gingerbread mix according to directions on package. Pour in long pan that has been greased and sprinkled with flour. Bake at 350 degrees for 45 minutes. Cool in pan for 10 minutes. Place cake on a baking sheet and remove center, leaving 1-inch on sides and bottom. Reserve 1 cup of crumbs to be added later to applesauce.

Put applesauce, brown sugar and lemon juice in stewpan and cook 10 or 15 minutes, stirring. Cool. Add crumbs of gingerbread. Put mixture in cake shell. Beat egg whites stiff and add sugar gradually. Add vanilla. Cover top and sides of cake.

Bake at 350 degrees until meringue is brown.

STRAWBERRY SWIRL

Mrs. Elgenia Seale

1 c. graham cracker crumbs	1 Tbsp. sugar
1/4 c. butter or margarine melted	2 c. sliced fresh strawberries
1 3-oz. pkg. strawberry jello	1 c. boiling water
1/2 lb. marshmallows	1/2 c. milk
1 c. whipping cream, whipped	

Mix crumbs, sugar and butter. Press firmly over bottom of 9x9x2-inch baking dish. Chill till set. Sprinkle 2 Tbsp. sugar over fresh berries; let stand 1/2 hour. Dissolve gelatin in boiling water. Drain strawberries, reserving juice. Add water to juice to make 1 cup. Add gelatin. Chill till partially set.

Meanwhile, combine marshmallows and milk. Heat and stir until marshmallows melt. Cool thoroughly, then fold in whipped cream. Add berries to gelatin, then swirl in marshmallow mixture to marble. Pour into crust. Chill until set. Cut in 9x12-inch squares.

(May use one 10-oz. package frozen sliced strawberries, thawed.)

MOLDED AMBROSIA

Mrs. Russel Koonce

- | | |
|---|----------------------------|
| 1 c. graham cracker crumbs | 1/3 c. sugar |
| 1/4 c. butter or margarine,
melted | 1 c. hot water |
| 1 9-oz. can (1 c.) crushed
pineapple | 1 c. dairy sour cream |
| 1 pkg. orange-flavored
gelatin | 1/4 tsp. vanilla |
| | 1 c. diced orange sections |
| | 1/2 c. flaked cocoanut |

Combine crumbs and butter; reserve 1/3 cup for topping. Press remaining crumb mixture into an 8x8x2-inch baking dish. Drain pineapple, reserving syrup.

Dissolve gelatin and sugar in hot water. Stir in reserved syrup. Chill till partially set. Add sour cream and vanilla. Whip till fluffy.

Fold in the pineapple, oranges and cocoanut; pour over crumbs in dish. Sprinkle top with reserved crumbs. Chill till firm. Cut in squares. Trim with maraschino cherries.

Makes 9 servings.

APPLE SNOW

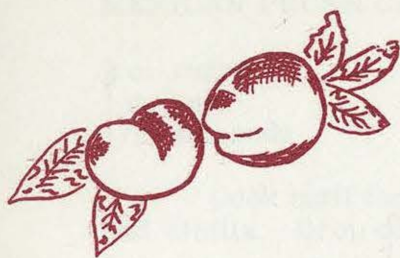
Susie Basden

Soften 1 package unflavored gelatin in 1/4 cup cold water. Combine 2 cups applesauce, 1/2 cup sugar, 1-1/2 teaspoons lemon juice and 2 Tbsp. candied ginger bits in saucepan; bring to simmer, then remove from heat. Add gelatin and stir until dissolved.

Beat 2 egg whites until stiff; fold in hot applesauce mixture. Rinse 1-1/2 quart bowl or ring mold; pour in mixture and refrigerate. To serve, unmold and garnish with ivy or mint leaves and ginger pieces.

Serve with custard sauce, if desired.

Write your extra recipes here:



Candy, Jelly, Jam and Preserves





You may determine the age of an egg by placing it in the bottom of a bowl of cold water. If it lays on its side, it is strictly fresh. If it stands at an angle it is at least three days old and ten days old if it stands on end.

Dip a new broom in hot salt water before using. This will toughen the bristles and make it last longer.

To keep egg yolks from crumbling when slicing hard-cooked eggs; wet the knife before each cut.

Dip the spoon in hot water to measure lard, butter, etc., The fat will slip out more easily.

Keep a toothbrush around the kitchen sink---you will find it useful in cleaning rotary beaters, graters, choppers and similar kitchen utensils.

Instead of trying to iron rickrack on the right side of the garment, turn the article. The rickrack can be pressed perfectly.

A pinch of salt added to very sour fruits while cooking will greatly reduce the quantity of sugar needed to sweeten them.

Meringue will not shrink if you spread it on the pie so that it touches the crust on each side and bake it in a moderate oven.

Use greased muffin tins as molds when baking stuffed green peppers.

Fill pots and pans that have been burned with a solution of baking soda, one teaspoon in a quart of hot water. Leave solution in the pan until it has cooled and cleaning will be greatly simplified.

CANDY, JELLY, JAM, PRESERVES

MEXICAN PECAN CANDY

Mrs. Gaines Herron

2 c. sugar
1 c. nuts
1/2 tsp. soda

3/4 c. milk
1 Tbsp. butter
1 tsp. vanilla

Cook until forms a soft ball in cold water. Add pecans and vanilla. Drop on wax paper.

PRALINES

Mrs. Richard Coleman

1-1/2 c. sugar
2 c. pecans

2/3 c. Pet milk
2 Tbsp. butter

Mix all ingredients; cook slowly, stirring for about 5 minutes. Stir in pecans and drop on waxed paper.

PARTY TREAT

Mrs. Irene D. Learned

Boil 1 cup sugar and 1/2 cup water until mixture threads on a fork. Remove from fire and add one teaspoon vanilla. Pour 2 cups walnuts into syrup and stir. When sugar begins to crystalize, pour nutmeats on platter; separate with fork and cool. You can also sprinkle cinnamon or grate an orange over nutmeats for other batches.

PEANUT BRITTLE

Miss Sue Gibson

2 c. sugar
1 c. water
2 tsp. soda

1 c. white Karo
2 c. raw peanuts, shelled

Cook water, sugar and Karo till it threads. Add raw peanuts. Do not stir, just push them under the syrup. Cook to a good amber color and nuts quit popping. Remove from fire. Add the 2 teaspoons soda all at once and stir. Pour onto well-greased platter. When cooling, catch on sides and stretch thin. Snap off in pieces.

TWO-TONE FUDGE

Mrs. Arthur J. Ayers
Memphis, Tenn.

Combine the following in a two-quart saucepan:

1 c. evaporated milk

2 c. sugar

1/4 lb. (14 caramels)

Place over low heat and cook, stirring constantly, until sugar is dissolved and mixture comes to a boil. Increase heat and boil 4 minutes, stirring constantly.

To 1-1/2 cup of above mixture add: 3/4 cup semi-sweet chocolate morsels. Stir until smooth. Pour into greased 7 or 8-inch square pan. To remaining mixture add: 1/2 cup peanut butter and stir until smooth. Pour into pan over chocolate mixture. Chill until firm. Cut into squares. Makes about 2 lbs.

PEANUT BRITTLE

Mrs. T. R. Kuykendall

In an iron skillet put:

2 c. sugar
1/2 c. water
2 c. peanuts

1/2 c. white Karo
1-inch square of paraffin wax

Cook on high heat, stirring constantly with wooden spoon until peanuts quit popping and syrup gets thick. Take from heat and stir in 2 level teaspoons of soda. Mix well and pour out on cookie sheet. Spread thin and when cool, turn over and break in pieces.

DATE LOAF CANDY

Mrs. R. M. Randolph

2 c. sugar
10 to 12 chopped dates
1 Tbsp. butter

1 c. Pet milk
1 c. chopped nuts

Cook all this to hard-ball stage. Remove from fire. Dampen a huck towel, then beat candy until stiff. Pour on damp towel; roll until about 1-1/2 inch log. Let it get cold, then cut into slices.

DIVINITY

Mrs. Ivan Covington
(Home Ec Class Recipe - 1932)

3 c. granulated sugar
3/4 c. water
1/2 tsp. salt
3/4 c. chopped nuts

1/2 c. light corn syrup
1 tsp. vanilla
1/4 c. egg whites (2 eggs)

Combine sugar, syrup and water. Cook over low heat; stir until sugar is dissolved. Increase heat; bring to boil.

Boil without stirring 3 minutes or until a small amount dropped in cold water forms a very firm ball. Remove from heat. Add salt and vanilla to egg whites. Whip until stiff. Beat in hot syrup, pouring from 1-foot height. Beat until mixture will almost hold shape. Stir in nuts. Drop on waxed paper. Store in covered dish.

MOUND CANDY

Mrs. Halford Murphree

1/2 c. boiled Irish potatoes boiled in jacket, cooled, peeled and mashed. Work in:

1 box powdered sugar
1 tsp. vanilla

1/4 tsp. salt
1 large package Angel Flake
cocoanut

Shape into balls about size of large grapes. Melt:

4 sq. semi-sweet chocolate

1/3 cake paraffin
in double boiler

With fork dip each ball into chocolate mixture. Lay on wax paper.

CHOCOLATE CANDY

Mrs. T. R. Kuykendall

5 c. sugar
2 sticks oleo
large can Pet milk
pinch of salt
4 c. pecans

3 sq. chocolate
2 pkgs. Nestle's chocolate
chip
1 jar marshmallow cream
2 Tbsp. vanilla

Boil sugar, oleo, milk and salt for 8 minutes after boiling starts. Pour over chocolate, chocolate chip, marshmallow cream and vanilla. Beat until smooth; add pecans. Pour in greased pans. When cool, cut in squares. Makes 5 lbs.

PENUCHE

Susie Basden

2 c. brown sugar
2 Tbsp. butter or oleo
1 c. chopped nuts

3/4 c. milk
1 tsp. vanilla

Boil sugar and milk slowly until it forms a soft ball when tried in cold water. Stir to keep from curdling. Remove from fire, add butter flavoring and beat for a few minutes, then add nuts and beat again until creamy. Pour into greased pan and

when firm, cut in squares.

RUM BALLS

Mrs. W. W. Enloe

- | | |
|------------------------------|---------------------|
| 1 6-oz. pkg. chocolate chips | 1 c. chopped nuts |
| 1/2 c. sugar | 1/2 c. water |
| 1/4 c. Karo (white) | 3 c. vanilla wafers |
| 2 tsp. rum flavoring | |

Boil sugar, water and Karo together until sugar is dissolved. Melt chocolate chips over hot water, then add to syrup. Add crumbs and flavoring. Make in walnut-size balls; roll in powdered sugar. Store in tin box or coffee can. The longer you store the better.

APRICOT COCOANUT BALLS

Mrs. Bruce Stidham

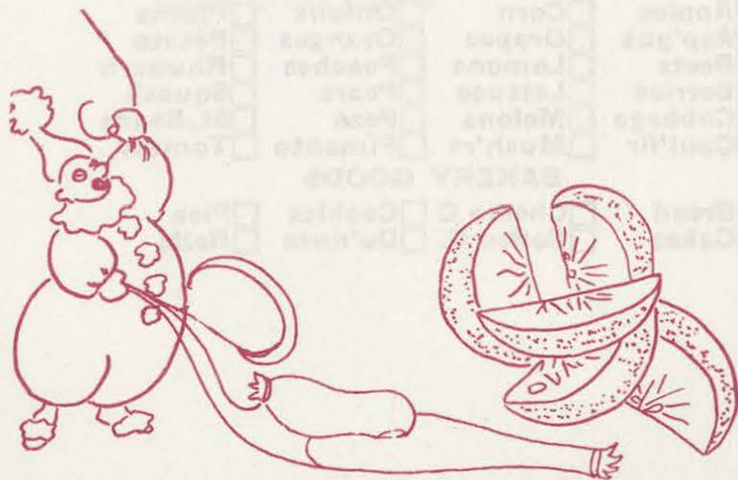
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| 1-1/2 c. dried apricots,
ground | 2 c. shredded cocoanut |
| confectioners sugar (about
1/2 c.) | 2/3 c. Eagle Brand sweetened
condensed milk |

Combine apricots and cocoanut. Add Eagle Brand milk and blend well. Shape into small balls and roll in confectioners sugar. Let stand till firm.

Write your extra recipes here:



Beverages and Miscellaneous



SHOPPING LIST

As A Reminder Guide In Your Planning

GROCERIES

- | | | | |
|-----------------------------------|-----------------------------------|-------------------------------------|------------------------------------|
| <input type="checkbox"/> Asp'gus | <input type="checkbox"/> Eggs | <input type="checkbox"/> Nut M. | <input type="checkbox"/> Sardines |
| <input type="checkbox"/> Bak. P | <input type="checkbox"/> Extracts | <input type="checkbox"/> Olives | <input type="checkbox"/> Soap |
| <input type="checkbox"/> Beans | <input type="checkbox"/> Flour | <input type="checkbox"/> Peaches | <input type="checkbox"/> S. Chips |
| <input type="checkbox"/> Butter | <input type="checkbox"/> Fruit | <input type="checkbox"/> Peanut B. | <input type="checkbox"/> Soup |
| <input type="checkbox"/> Candy | <input type="checkbox"/> Ginger | <input type="checkbox"/> Pears D. | <input type="checkbox"/> Spagh'ti |
| <input type="checkbox"/> Cereals | <input type="checkbox"/> G.Beans | <input type="checkbox"/> Peas | <input type="checkbox"/> Spices |
| <input type="checkbox"/> Cheese | <input type="checkbox"/> H.Radish | <input type="checkbox"/> Pepper | <input type="checkbox"/> Starch |
| <input type="checkbox"/> Cin'mon | <input type="checkbox"/> Jello | <input type="checkbox"/> Pickles | <input type="checkbox"/> Sugar |
| <input type="checkbox"/> Cloves | <input type="checkbox"/> Lard | <input type="checkbox"/> Preserves | <input type="checkbox"/> Syrups |
| <input type="checkbox"/> Cocoa | <input type="checkbox"/> Mac'roni | <input type="checkbox"/> Prunes | <input type="checkbox"/> Tea |
| <input type="checkbox"/> Coffee | <input type="checkbox"/> Matches | <input type="checkbox"/> Raisins | <input type="checkbox"/> Tobacco |
| <input type="checkbox"/> Cookies | <input type="checkbox"/> Milk | <input type="checkbox"/> Rice | <input type="checkbox"/> Toilet P. |
| <input type="checkbox"/> Corn | <input type="checkbox"/> Mustard | <input type="checkbox"/> Sal. Dres. | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> Noodles | <input type="checkbox"/> Salmon | <input type="checkbox"/> Vinegar |
| <input type="checkbox"/> Cream | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Salt | <input type="checkbox"/> Yeast |

MEATS and FISH

- | | | | |
|-----------------------------------|-----------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> Bacon | <input type="checkbox"/> Corn Bf. | <input type="checkbox"/> Lard | <input type="checkbox"/> Roast |
| <input type="checkbox"/> Beef | <input type="checkbox"/> Fish | <input type="checkbox"/> Liver | <input type="checkbox"/> Sausage |
| <input type="checkbox"/> Chicken | <input type="checkbox"/> Franks | <input type="checkbox"/> Pork | <input type="checkbox"/> Steak |
| <input type="checkbox"/> Chops | <input type="checkbox"/> Ham | <input type="checkbox"/> Pork R. | <input type="checkbox"/> Turkey |
| <input type="checkbox"/> Cold Mts | <input type="checkbox"/> Lamb | <input type="checkbox"/> Poultry | <input type="checkbox"/> Veal |

FRUITS and VEGETABLES

- | | | | |
|-----------------------------------|----------------------------------|----------------------------------|------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Corn | <input type="checkbox"/> Onions | <input type="checkbox"/> Plums |
| <input type="checkbox"/> Asp'gus | <input type="checkbox"/> Grapes | <input type="checkbox"/> Oranges | <input type="checkbox"/> Potato |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Lemons | <input type="checkbox"/> Peaches | <input type="checkbox"/> Rhubarb |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Lettuce | <input type="checkbox"/> Pears | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Melons | <input type="checkbox"/> Peas | <input type="checkbox"/> St. Beans |
| <input type="checkbox"/> Caul'flr | <input type="checkbox"/> Mush'rs | <input type="checkbox"/> Pimento | <input type="checkbox"/> Tomato |

BAKERY GOODS

- | | | | |
|--------------------------------|------------------------------------|----------------------------------|--------------------------------|
| <input type="checkbox"/> Bread | <input type="checkbox"/> Cheese C | <input type="checkbox"/> Cookies | <input type="checkbox"/> Pies |
| <input type="checkbox"/> Cakes | <input type="checkbox"/> Coffee C. | <input type="checkbox"/> Do'nuts | <input type="checkbox"/> Rolls |

BEVERAGES, MISCELLANEOUS

PUNCH TO SERVE 100

Mrs. Jack Peeples

Prepare 3 cans of frozen orange juice as directed on the label. Prepare 2 cans of frozen lemon juice as directed. Mix 3 oz. of citric acid (powdered) and 5 lbs. of sugar in 2 gallons of water. Let stand until citric acid and sugar are completely dissolved.

To this mixture add the above mentioned orange juice and lemon juice, also two #2 cans of pineapple juice.

AUNT JANE'S SPICED TEA

Miss Susie Gibson

Juice of 3 lemons and 3 oranges, and 1 gallon boiling water. Sweeten to taste. When ready to serve, pour into cup into which you have placed 1 whole clove and 1 whole allspice. Dip tea bag in cup until desired strength is reached.

HOT CRANBERRY PUNCH

Mrs. Norma J. Hughes

1/4 tsp. nutmeg
1/4 tsp. allspice
1/2 c. orange juice
1 lb. cranberry sauce
3/4 c. sugar

1/4 tsp. cinnamon
3 Tbsp. tea
2-1/2 c. boiling water
1-1/2 c. water
1/4 c. lemon juice

Tie all spices and tea in a clean bag. Put into the boiling water. Cover and steep 5 minutes. Beat cranberry sauce with beater and heat with the 1-1/2 cups water. Remove spice bag from steeped tea. Add sugar, hot cranberry liquid, orange and lemon juice. Serve hot.

Makes 1-3/4 quarts.

SESAME CHICKEN

Mrs. W. W. Enloe
Hiroshimo, Japan

2 lbs. chicken breasts, bone removed. (I cut into pieces about 2-inches x 1-inch but not necessary.) Dip into: 1 beaten egg, 1/2 cup milk. Roll into:

1 c. flour	2 tsp. salt
2 tsp. paprika	1/4 tsp. pepper
1 tsp. baking powder	1 tsp. dry mustard
2 Tbsp. sesame seed	

Melt 1/4 lb. butter in pan. Place chicken skin down and bake at 350 degrees for 25 minutes. Turn and bake until done.

TEMPURA

Mrs. W. W. Enloe

Batter:

1 c. flour	2/3 to 1 c. water
1 egg	1/2 tsp. salt

Beat egg well. Add water and sifted flour and salt. Mix lightly and quickly. Batter may be lumpy, but it doesn't matter.

Suggested ingredients: (slice vegetables) cleaned shrimp; small piece of fish, green pepper, string beans (3 or 4 on a toothpick) eggplant; carrots; sweet potatoes, onion, apples and spinach. Oysters are also good -- just use your imagination.

Heat about 2-1/2 cups of oil in deep frying pan -- 300 or 350 degrees. Dip prepared fish and vegetables in batter, then fry. (Oil should be at least 2-inches deep). Drain well and serve immediately with rice. Delicious. Even better if you can fry at the table and eat it when piping hot.

OUR FAVORITE DOMBURI (dōm' bu ri)

Mrs. W. W. Enloe

1 lb. beef or pork, sliced very thin	4 or 5 onions, peeled and cut lengthwise
mushrooms	5 or 6 eggs
canned bamboo sprouts (may be omitted)	1/4 c. sugar
	1/2 c. soy sauce

Peel and slice onions and cook in small amount of fat. Remove and cook meat quickly. When meat is browned, add onions and other ingredients, and seasonings and cook for about 15 minutes. Next, beat eggs lightly and pour over the cooked mixture and cover until the eggs are set.

Serve over rice immediately.

EBA' A FON (Steamed Corn Loaf) Mrs. Gayle Beanland, Sr.
Yaounde, Cameroun, West Africa

2 c. fresh corn, grated
2 Tbsp. butter or oil
2 tsp. baking powder

2 eggs, well-beaten
pinch of cayenne pepper

Mix and fill a greased tin $\frac{3}{4}$ full and steam in covered vessel until solid, but not dry.

MFIAN OWONDO (Peanut Soup) Mrs. Gayle Beanland, Sr.

1 c. ground peanuts, or 1 cup peanut butter. Soften with 2 cups milk and add 2 cups water. Add 2 Tbsp. grated onion and a pinch of cayenne pepper, if desired. Salt to taste. Heat over low heat until thick and smooth. Serve hot with crackers or "Eba' a Fon".

Write extra recipes here:

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4. State
5. Zip
6. Telephone
7. Fax
8. E-mail
9. Website
10. Other contact information

11. Date of birth
12. Date of death
13. Date of marriage
14. Date of divorce
15. Date of remarriage
16. Date of separation
17. Date of annulment
18. Date of remarriage
19. Date of separation
20. Date of annulment

EDUCATION AND EMPLOYMENT

21. Education
22. Employment
23. Date of birth
24. Date of death
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26. Date of divorce
27. Date of remarriage
28. Date of separation
29. Date of annulment
30. Date of remarriage
31. Date of separation
32. Date of annulment

